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Every Woman Her Own Physician;

OR, THE

LADY'S MEDICAL ASSISTANT.

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Every Woman Her Own Physician;

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CONTAINING THE

HISTORY AND CURE

OF THE

VARIOUS DISEASES
INCIDENT TO

WOMEN AND CHILDREN.

The Whole rendered intelligible by Prescriptions in
English of the best Medical Medicines, proper to be
given in every Disease.

AND

Delivered in such a plain and familiar Manner, that
Every Woman of common CAPACITY may safely
prescribe for herself, her Acquaintance, and
her poor Neighbours.

By A. HUME, M.D.

L O N D O N :

Printed for RICHARDSON and URQUHART, at the
Royal-Exchange.
MDCCLXXV.

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MDCC LXXVI.

10

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THE

HISTORY AND CURE

P. R. E. F. A. C. E.

VARIOUS DISEASES

A NUMBER of Authors have taken great pains

Entered at Stationers Hall.



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By A. HUMPHREY, M.D.

The view of the following Treatise, as the

Title-page affirms, is to give Female Readers

a concise

Printed for RICHARDSON and URQUHART, at the

Kings-Exchange.

MDCCLXXV.



T H E

P R E F A C E.

A NUMBER of Authors have taken great pains in their description and cure of Diseases; yet the Works hitherto published upon this subject are written for the advantage of those who ought not to need their assistance; and unfortunately for the Sex, such writings have been confined to the use of Gentlemen of the Profession, being written in a language generally unknown to Female Students; or, which is nearly the same, the Prescriptions have appeared in that language, though the other parts of the Book were in English,

THE view of the following Tract, as the Title-page affirms, is to give Female Readers
a concise

a concise and intelligible account of their disorders, and thus enable them to be their own *Physician*; so that every Woman of common understanding may have it in her power to prescribe proper remedies for herself or friends, without any other assistance.

A WORK of this kind has been long wished for, in which plain and easy instructions might be contained for the relief and cure of the many complaints incident to the Sex: it is therefore to be hoped, that the publication of the following Sheets will prove an acceptable present to them; while the younger Practitioners may doubtless be benefited by the perusal of this Work, which perhaps may prove more really advantageous to him in his practice, than more voluminous, learned, and theoretical Authors. But it certainly behoves MIDWIVES to purchase a Book calculated chiefly for their use; as it contains every thing that is essentially necessary for them to know with regard to the diseases of Women, as well as those of young Children; so that they will be able to prescribe for the disorders

little

P R E F A C E.

vii

vii

disorders of both Women and Children with accuracy and judgment, and acquire reputation in what they profess, among those who entrust them with their lives and constitutions; consequently, by diligently attending to the hints herein contained, they may practise with much greater safety than most of them have hitherto done.

The Fair Sex and Midwives may rest assured, that the Prescriptions set forth in this Compendium are the result of observation, and a very long experience; they are in general grateful to the palate, as well as easily prepared, so that the greatest part of the medicines may be made up at home, after procuring the proper simple and compound ingredients from the Apothecaries for that purpose; or, if more agreeable, they may send the Prescriptions to be prepared according to the rules here laid down.

THE Female Reader may be certain that no persuasion of friends, no thirst of gain, or desire of applause, excited the Author to write this little

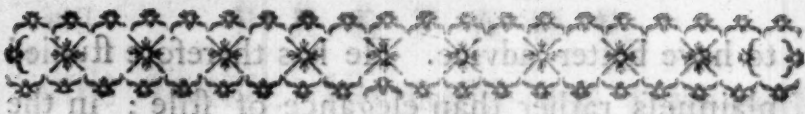
P R E F A C E.

little Treatise. His motive was a thorough conviction, that a Work of this kind would prove really serviceable to the Public, by removing the complaints of that amiable Sex for whose benefit it was written, and give useful information to young Practitioners and Midwives, when consulted upon their diseases.

THE Author will close his Preface with observing, that as this Pocket Manual was principally intended for the use of the Female Sex; it was his intention to avoid, as much as possible, *all technical words* or terms of art, as they would have confused and misled the Reader, and given no real value to the undertaking. For this very obvious reason it is hoped and presumed that this little Tract will escape the severity of criticism, as the Author did not write for the learned and judicious Physician, but to inform the young Practitioner and the Female Reader. He designed only to publish a short History of the Diseases peculiar to Women and Children, with proper remedies suited to each, for the advantage of those whose convenience and abilities will not permit them

to have better advice. He has therefore studied plainness rather than elegance of stile; in the hope that, by so doing, he might render his Work more extensively useful to those who might stand in need of its assistance; and if his well-meant labours prove salutary and beneficial to the Public, he is amply rewarded for any trouble that may have attended the execution of it.

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 DISEASES REFERRED TO HIS EXISTENCE

Page 1	CHAP. I. Of the Menstrual Flux
2	CHAP. II. Of the Clitoris
16	CHAP. III. Of an Obstruction or Suppression of the Menstrues
32	CHAP. IV. Of the immoderate Flux of the Menstrues
38	CHAP. V. The Change of Life
40	CHAP. VI. Of the Fluor Albus, or Whites
47	CHAP. VII. Of the Nervous or Hysterical Disease

DISEASES OF CHILDREN AND WOMEN.

60	CHAP. VIII. Of Flooding
64	CHAP. IX. Of After-Pain
66	CHAP. X. Of the Suppression of the Lochia
70	CHAP. XI. Of an immoderate Flux of the Lochia
74	CHAP. XII. Of the Milk-Fever
77	CHAP. XIII. Of a Diarrhoea, or Looseness
80	CHAP. XIV. Of the Diseases of the Breast
86	CHAP. XV. Of Abortion, or Miscarriage



— T H E —
C O N T E N T S.

DISEASES PROPER TO VIRGINS.

CHAP. I. <i>OF the Menstrual Flux</i>	Page 1
CHAP. II. <i>Of the Chlorosis</i>	5
CHAP. III. <i>Of an Obstruction or Suppression of the Menfes</i>	16
CHAP. IV. <i>Of the immoderate Flux of the Menfes</i>	32
CHAP. V. <i>The Change of Life</i>	38
CHAP. VI. <i>Of the Fluor Albus, or Whites</i>	40
CHAP. VII. <i>Of the Nervous or Hysterick Disease</i>	47

DISEASES OF CHILD-BED WOMEN.

CHAP. VIII. <i>Of Flooding</i>	60
CHAP. IX. <i>Of After-Pains</i>	64
CHAP. X. <i>Of the Suppression of the Lochia</i>	66
CHAP. XI. <i>Of an immoderate Flux of the Lochia</i>	70
CHAP. XII. <i>Of the Milk-Fever</i>	74
CHAP. XIII. <i>Of a Diarrhæa, or Looseness</i>	77
CHAP. XIV. <i>Of the Diseases of the Breast</i>	80
CHAP. XV. <i>Of Abortion, or Miscarriage</i>	86

C O N T E N T S.

DISEASES OF CHILDREN.

<i>Introduction</i>	—	Page 91
CHAP. I. <i>Of Convulsions in young Children</i>	—	94
CHAP. II. <i>Of the Meconium</i>	—	101
CHAP. III. <i>Of the Thrush</i>	—	102
CHAP. IV. <i>Of Acidities, or sharp Humours</i>	—	105
CHAP. V. <i>Of Convulsions</i>	—	108
CHAP. VI. <i>Of Vomiting</i>	—	111
CHAP. VII. <i>Of a Looseness</i>	—	113
CHAP. VIII. <i>Of Fevers</i>	—	118
CHAP. IX. <i>Of Eruptions</i>	—	122
CHAP. X. <i>Of the Itch</i>	—	125
CHAP. XI. <i>Galling and Excoriation</i>	—	129
CHAP. XII. <i>Of Teething</i>	—	130
CHAP. XIII. <i>Of Worms</i>	—	134
CHAP. XIV. <i>Of the Hooping-Cough</i>	—	137
CHAP. XV. <i>Of the Rickets</i>	—	141
<i>Conclusion</i>	—	144

EVERY

EVERY WOMAN HER OWN PHYSICIAN



CHAP. I. OF CONCEPTION IN SEXES
CHAP. II. OF THE MENSTRUATION
CHAP. III. OF THE MENSTRUATION
EVERY
WOMAN HER OWN PHYSICIAN

CHAP. IV. OF CONCEPTION
CHAP. V. OF CONCEPTION
CHAP. VI. OF CONCEPTION
CHAP. VII. OF CONCEPTION
CHAP. VIII. OF CONCEPTION
DISEASES PROPER TO VIRGINS

CHAP. IX. OF CONCEPTION
CHAP. X. OF CONCEPTION
CHAP. XI. OF CONCEPTION
CHAP. XII. OF CONCEPTION
CHAP. XIII. OF CONCEPTION
CHAP. I.
Of the MENSTRUAL FLUX.

At the time when the body of a Female of a sound constitution comes to a certain growth, there is usually more blood generated than can be contained within the vessels, whence it is poured out from the vessels of the womb, and then obtains the name of the Menstrual Flux, Menstrua, Menfes, and Catamenia.

In the human species, the Females, as soon as they are fit for propagation, undergo a very remarkable and sudden change: they grow much faster; their breasts begin to swell up, and marks of puberty appear in other parts. The blood now flows from its natural and proper outlet, and in healthy young women the same
B efflux

2 EVERY WOMAN HER OWN PHYSICIAN.

efflux returns at certain periods, and, as before observed, is called the Menstrual Flux, &c. &c. because in the space of a month it generally renews its appearance. The great Hippocrates says, that "the menstrual discharges in some women flow in greater abundance; in others, again, more sparingly; but if what flows be always of the same nature and quality, we may properly reckon it *uterine*."

THE *menfes* for the most part begin to appear at the fourteenth, and generally cease to flow about the forty-fifth year; all the time that this monthly discharge flows regularly, women are said to be fruitful; but upon their giving over, they are reckoned unfit to have any more children; because, when once that periodical evacuation is entirely stopped, they are hardly ever observed to conceive: whence we may with great justice infer, that the duration of the *menfes* seems exactly to coincide with the usual term of fruitfulness.

It is also very evident, that a great diversity in the courses of women must obtain, according to the difference of climate, habit of body, and various ways of living. The female inhabitants of Lapland menstruate very sparingly; in hot countries the *menfes* flow in great abundance; in a lax habit of body these discharges are always more copious, while in women of firm robust frames, the quantity is very little. Those who live at their ease and fare sumptuously menstruate in large quantities, while the country girl, hardened by daily labour and fatigue, evacuates often only a few drops,

drops, and enjoys a good state of health. The Author is well informed, that the women in Holland, who are addicted all their lives to drinking great quantities of watery fops, and warming the inferior parts of their bodies in the winter time with stoves, are remarkably exhausted and languid, through the excess of these monthly discharges; and that all of them contract from thence a very bad and infirm habit of body.

It is no wonder therefore, that we meet with such different accounts in Authors, with respect to the proper quantity of the menstrual flux. Besides, the quantity of blood that comes away from any woman is difficult to be determined, as the clothes and linen are no sooner wet with the menstrual discharge, than it is quickly dried up by the heat of the body.

THE quantity of the menstrual flux has by no means been ascertained by any medical Author: nay, some have differed widely concerning it. Astruc says, that at a medium, the limits of this variation might be settled from eight to sixteen ounces. Haller reckoned six or eight ounces the ordinary quantity of the menstrual discharge; and Exton says, that it rarely exceeds four ounces. But Krohn has proved from the clearest experiments, "that some women, during their menstruation, evacuated three ounces, others four or five; not so many who voided half a pound; and very few, indeed, ten ounces, unless where the *uterus* was diseased."

2 EVERY WOMAN HER OWN PHYSICIAN.

THE late learned and ingenious Dr. Freind says,
“Wretched surely and unequal seems the condition of
“the Female Sex, that they who are by nature defined
“to be the preservers of the human race, should, at
“the same time, be made liable to so many diseases.
“For whatever course of life they pursue, few there
“are who enjoy an health untainted and exempt from
“pain. For if they enter into a wedded state, even from
“that source of pleasures something bitter arises, and
“pregnancy brings with it at least a length of loathing,
“if nothing more calamitous; if they live single, with
“all their precaution, they will hardly be able to avoid
“labouring under some distemper, even upon that very
“account, because they are strangers to a mother’s
“pangs. For that supply of blood which women ought
“to collect for the use and aliment of their offspring,
“if it either inwardly increase, or flow something im-
“moderately, excites a thousand disorders in their
“tender frame. So artificially, indeed, is a woman
“formed, that at some stated seasons that redundancy
“of blood may be discharged: however, an infinite
“number of accidents happen daily, which interrupt
“this salutary work of nature; so that art must be
“called in for relief, lest, through the defect or irre-
“gularity of this evacuation, such disorders should
“occur.”

WE shall in the next place consider the diseases de-
pendant on this monthly discharge; and also enter fully
into the proper treatment of those disorders, as well as
of the menses, when obstructed or when too profuse;
and

and the Writer hopes, in these respects, to render himself useful to the Female Sex, as his observations are built upon many years experience.

CHAPTER II.

Of the CHLOROSIS.

YOUNG maidens, before the appearance of the menstrual discharge, are frequently in a state of weakness, (even sometimes for three or four years before their usual time of eruption) which is termed the Chlorosis, or Green-sickness; and when their appearance is very slow and backward, it occasions very grievous, and sometimes even mortal diseases. Nevertheless it is too usual, though very improper, to ascribe all the evils to which they are subject at this term of life, solely to this, while they really often result from a different cause, of which the obstructions themselves are sometimes only the effect; and this is *the natural, and even, in some degree, the necessary feebleness of the Sex.*

THE disorders to which such a constitution subjects them might, in some measure, be prevented, by assisting that languor or feebleness of their natural movements with such an increase of their force as exercise might contribute to: but this assistance, which in some manner is more necessary for Females than Males, they are partly deprived of by the general education and

6. EVERY WOMAN HER OWN PHYSICIAN.

habitude of the sex ; as they are usually employed in managing household business, and such light sedentary work as affords them less exercise and motion than the more active occupations of men. They stir about but little, whence their natural tendency to weakness increases from habit, and thence becomes morbid and sickly. Their blood circulates imperfectly ; its qualities become impaired ; the humours tend to a pretty general stagnation ; and none of the vital functions are completely discharged.

FROM such causes and circumstances, they begin to sink into a state of weakness, sometimes while they are very young, and many years before this periodical discharge could be expected. This state of languor disposes them to be inactive ; a little exercise soon fatigues them, whence they take none at all. Exercise might prove a remedy, and even effect a cure, at the beginning of their complaint ; but as it is a remedy that is painful and disagreeable to them, they reject it, and thus increase their disorders.

THEIR appetite declines with the other vital functions, and gradually becomes still less, the usual salutary kinds of food never exciting it ; instead of which they indulge themselves in whimsical cravings, and often of the oddest and most improper substances for nutrition, which entirely impair the stomach, with its digestive functions, and consequently health itself.

BUT

BUT sometimes after the duration of this state for a few years, the ordinary time of their monthly evacuations approaches, which, however, make not the least appearance, for two reasons. The first is, that their health is too much impaired to accomplish this new function at a time when all the others are so languid: and the second is, that under such circumstances, the evacuations themselves are unnecessary; since their final purpose is to discharge (when the Sex are not pregnant) that superfluous blood which they were intended to produce, and whose retention would be unhealthy, when not applied to the growth of the foetus, or nourishment of the child: and this superfluity of blood does not exist in women who have been long in a very low and languishing state.

THEIR disorder, however, continues to increase, as every one must which does not terminate. This increase is attributed to the suppression or non-appearance of their monthly efflux, which is often erroneous; since the disorder is not always owing to that suppression, but is often the effect of that distemperature. This is so true, that even when the efflux happens, if their weakness still continues, the patients are far from being the better for it, but the reverse. Neither is it unusual to see young lads who have received from Nature, and from their Parents, a sort of feminine constitution, education, &c. affected with much the same symptoms as chlorotic young women.

8. EVERY WOMAN HER OWN PHYSICIAN.

COUNTRY girls, who are generally more accustomed to such hardy work and exercise as country men, are less subject to these complaints than women who live in large towns or cities.

LET people, then, be careful not to deceive themselves on this important account; since all the complaints of young maidens are not owing to the want of the menstrua. Nevertheless, it is certain some are really afflicted from this cause: as for example, when a young virgin in full health and strength, who is nearly arrived at her full growth, and abounds with blood, does not obtain this discharge at the usual time of life; then, indeed, this superfluous blood is the fountain of very many complaints, and much more violent ones in their consequences than those which result from the contrary causes already spoken of.

IF the lazy, inactive girls who live in large towns, are more liable to the obstructions which either arise from the weakness or languor before-mentioned; girls living in the country are more subject to disorders from this latter cause (I mean too great a retention of the superfluous blood), than women who live a sedentary, indolent life in large towns, &c.; and it is this last cause that excites those singular phenomena which appear under such a variety of symptoms and circumstances, and which are above the reach of human comprehension to account for upon any principle whatever.

THE symptoms of the Chlorosis or Green-sickness, arise generally from twelve to fifteen years of age, and are as follows a very pale or yellow green colour of the aspect, a livid circle about the eyes, a laziness and inactivity, (which, in fact, is both the cause and symptom of the disease) a quick pulse, a palpitation of the heart, difficulty of breathing upon the least motion, a dizziness of the head, frequent nausea; these are joined with a variety of hysteric symptoms, which we shall enumerate when we come to treat of that disease.

THIS disease sometimes seizes children of eight or nine years of age, but generally at the age mentioned above, and is almost always terminated by the eruption of the *menfes*. Where the constitution is not extremely weak, it is seldom attended with much danger, or long resists the use of proper medicines. But if it should be neglected, and especially, as often happens, be joined with the *fluor albus*, it may in time prove fatal; as I have known several cases where consumptions have followed from an high degree of the Chlorosis.

VARIOUS causes have been assigned for the production of this disorder; and the judicious Hoffmann reckons the Chlorosis "*entirely a species of cachexy, induced by a relaxed habit of body, and a diminution of the digestions and discharges.*" And this very rational account of the cause of the disease will readily lead us to the forms of medicine the most proper to remove this very troublesome complaint; a complaint that, as it often be-

comes

TO EVERY WOMAN HER OWN PHYSICIAN.

comes of very long standing (if not attended to at its first onset), embitters the life of young maidens.

At whatever stage of the disease the cure is begun, it is necessary to exhibit a gentle emetic, to discharge the viscid and acid humours which have been generated in the stomach by a weakness of digestion, and of the existence of which, in this disease, the general state of the fluids, as well as the depraved appetite, affords sufficient testimony.

THE E M E T I C.

No. I. Take Ipecacoanha Wine, two ounces;
Oxymel of Squills, one drachm.

THE above vomit should be worked off with Carduus Tea; and if the Patient does not get better very soon, it would be proper to repeat it about once in fourteen days; as, so long as the disease continues, the stomach will be disordered, and viscid indigestible humours will be formed from the food, which must be thrown off by frequent gentle emetics.

AFTER a vomit purgatives are to be administered, both to cleanse the alimentary canal, and drain off the phlegmatic humours by the intestinal glands. For this purpose the warmer and aloetic purges are most suitable. To answer the first intention, namely, of cleansing the alimentary canal, they may be properly exhibited once or twice in a full dose; after which, the method of administering them as alteratives is most successful; as
when

when given in such a manner, they both prepare the viscid humours for being discharged, and evacuate them without weakening the patient. Fifteen grains of *pilule rufæ*, or a table-spoonful of *tinctura sacra*, taken at bedtime, prove extremely beneficial; as does likewise the *elixir proprietatis*, used in the same manner, in the quantity of fifteen drops, twice a-day, in a tea-cup full of simple Mint-water.

If upon taking these medicines two weeks the Patient does not find herself getting better, I would advise the following alterative pills to be taken for two or three weeks, drinking after them a wine glass-full of the mixture, No. III.

No. II. Take of compound powder of Myrrh, two drachms; powder of Valerian, one drachm; best Calomel, fifteen grains; extract of Gentian sufficient to make the ingredients into a mass, of which twelve pills are to be formed out of every drachm, and two to be taken every night.

No. III. Take of Milk and Pennyroyal water, each six ounces; Stomach Tincture, four ounces; Spirits of Lavender, half an ounce.—Mix, and make a mixture to be taken with the above pills.

EITHER along with alterative medicines, if the Patient is not plethoric, or otherwise, after the quantity
of

12 EVERY WOMAN HER OWN PHYSICIAN.

of humours has been diminished by their operation, Chalybeate remedies are to be administered; which in all chlorotic complaints are of admirable efficacy, not only by opening all obstructions of the vessels, but also by strengthening the whole body. Invigorating the fibres, and giving thereby a greater force to the circulation, they promote both the digestions and discharges, and so purify the blood from such humours as had been accumulated by a defect of the natural functions. Chalybeates deserve justly to be esteemed as the most indispensable remedies in the cure of the Chlorosis, and to the operation of which all other medicines are to be considered in a manner as only preparative. I have often prescribed them successfully in the subsequent form:

No. IV. Take of prepared Steel, one ounce; oil of Cinnamon, four drops; conserve of Orange-peel, three ounces; solutive syrup of Roses, sufficient to make the whole into an electuary: the bigness of a small nutmeg to be taken every night and morning, with five large spoonfuls of the following infusion:

No. V. Take black Hellebore bruised, two drachms; boiling water, three gills; let them stand in a covered vessel till cold, then to be strained off; and to the clear liquor add Nutmeg-water, three ounces; spirits of Lavender, six drachms.—Mix, and make an infusion.

To

To delicate women, instead of the Electuary, I have given, with equal advantage, the *Chalybeate wine*, a tea-spoonful night and morning, with the above deobstruent infusion; and this continued for a considerable time, has been frequently attended with very good effects.

DURING the use of steel remedies, proper exercise ought to be enjoined; and if they have not been entered upon till the course of the alterative purgatives is concluded, and the Patient is costive, the following gentle laxative should be interposed every fourth or fifth day:

No. VI. Take infusion of Sena, two ounces; tincture of Rhubarb made with brandy, three drachms; flakey Manna, half an ounce.

By these remedies I have generally found the habit of body altered in a very short time, when, if the Patients were of an age at which menstruation ought to be regularly performed, and the flux did not appear soon after, I advised a continuance in the same course for a few weeks longer; either joining the Chalybeate and other alterative medicines together in various forms, as was most agreeable to the taste of the Patient, or prescribing each to be taken alternately, a week at a time.

BESIDE the filings of iron, or its several preparations, the natural Spaw waters, which contain a Chalybeate principle, are of great efficacy in the cure of a Chlorosis, when the disease has proved obstinate.

I HAVE

I HAVE frequently advised an infusion of the Woods in Lime-water; a gill to be taken night and morning, with a proper quantity of Chalybeate drops; which, if the disease has continued for any considerable time, must be persevered in full two months, as it operates very slowly upon the constitution, though it has in many cases proved extremely efficacious. The prescription is as follows:

No. VII. Take of Lime-water, two quarts; Sassafras shavings, one ounce; Guaiacum shavings, six drachms; dried Orange-peel, half an ounce.—Let them stand together for three days, then be poured off clear.—Mix, and make an infusion.

No. VIII. Take Chalybeate wine, two ounces; tincture of Hiera Picra, one ounce; spirits of Lavender, half an ounce.—Mix, and make the drops.—A tea-spoonful to be taken night and morning in a gill of the above infusion.

BEFORE I conclude this Chapter, it will be necessary to observe, that if the Patient be pale, emaciated, cachectic, or of a cold, leucophlegmatic constitution (which, indeed, is the general state of body in this disease), the above Chalybeates and other remedies will be the most proper: but if full plethoric habits should be affected with this disease, steel and its preparations ought to be omitted; and the Patient should have recourse to small and frequent bleedings, with the purge, No. VI. to be exhibited once a week; and take a tea-spoonful of the tincture of black Hellebore in a glass of Pennyroyal wa-

ter

ter twice a day for two or three months, omitting the tincture the day that the purging draught is given.

THE only symptom in this disease which requires any particular palliative treatment, independent of the general indications, is the tumour of the feet and ancles, which is mostly attended with a coldness. To remedy these complaints, the parts affected should be rubbed every night and morning for a quarter of an hour, or longer, with a warm flannel or flesh-brush, and a linen bandage rolled pretty tight round the leg, to compensate for the relaxation of the fibres, and make the fluids return with greater activity to the heart.

As a pure air, proper diet, and exercise, are of the greatest importance in removing this disorder; the Author hopes that a proper attention will be paid to these non-naturals, which are so essential towards the cure of this complaint, as well as of many others incident to the Female Sex; since his experience has frequently convinced him that the most salutary remedies have proved inefficacious, until their action was assisted by air, &c. He would therefore advise every young woman, whose situation in life will permit it, as soon as she finds herself affected with this troublesome disease, to go into the country, ride on horseback or in a carriage every day; and Females of more vigorous constitutions in the inferior classes of life to use more violent exercises; as by pursuing such a plan, the remedies prescribed will soon produce a perfect cure of a disease, which in general proves very troublesome and tedious. At the same time he thinks it his duty to remark, that neither will air, proper exercise, &c. be productive

productive of great good to the patient, without the aid of the different remedies prescribed.

In fact, in the various diseases with which the human body is liable to be affected, the circumstances proper to restore health must be combined, in order to effect a complete cure. And here I cannot but lament the folly and absurdity of those Physicians, &c. who have trusted too much to their prescriptions; neglecting, at the same time, other very material points, which would afford them considerable assistance in restoring that most valuable of all blessings, a sound and healthy constitution.

CHAPTER III.

Of an OBSTRUCTION or SUPPRESSION of the MENSES.

THOUGH a great variety of opinions have been advanced by Physiologists and Physicians concerning the cause of the menstrual flux in Women, the great utility of this monthly discharge hath ever been universally allowed; and it is acknowledged by all Writers, that by far the greatest part of female diseases are the consequence of its *obstruction*.

THE time when this evacuation commences is usually about the age of fourteen (though there are many instances of its appearance at twelve, and very frequently at thirteen), and its total cessation betwixt forty-five and

OF AN OBSTRUCTION OF THE MENSES. 27

and fifty; during which period it is natural to all women who do not give suck, nor are pregnant, and sometimes to those who are so till about the third month of gestation, or even longer, when the fœtus having attained such a size as to consume the redundant blood of the mother, the usual evacuation is suspended.

THE pre-disposing causes of obstructions of the menses may be reduced to two general classes, viz. 1. The state of the fluids, and 2. That of the solids. I shall first consider the former.

I. THE circumstances under which the fluids prove unfavourable to this evacuation are, when the blood is endowed with too great thickness, or when it either exceeds or is deficient in the quantity which is proportioned to the constitution of the person.

1. WHEN the blood is of too thick a consistence, it must of necessity move more slowly through the small vessels; the consequence of which will be, that it must also have less *momentum*, and therefore the extremities of the uterine vessels will not be sufficiently dilated to allow a passage to the menstrual discharge. To this may be added, that the blood stagnating through its own viscosity, and the weakness of the force with which it is impelled, will be apt to adhere in some degree to the extremities of the vessels, and thereby render their orifices more impermeable.

2. THOUGH

18 EVERY WOMAN HER OWN PHYSICIAN.

2. **THOUGH** the existence of a greater quantity of blood than is necessary for the purposes of the animal economy, seems requisite for producing the menstrual evacuation, yet an accumulation too much beyond that degree is so far from being favourable to the discharge, that it frequently suppresses it. When the quantity of blood in the body is too great in proportion to the moving powers, the circulation becomes more languid; and hence not only the orifices of the small vessels are opened with greater difficulty, but the blood is also disposed to become more viscid.

3. **IF** the quantity of blood falls below the standard which is requisite for the right performance of the several functions, the vessels will not be sufficiently distended, nor the force of the circulation strong enough to promote a discharge, which is then neither necessary, nor compatible with the circumstances of the constitution.

It is farther to be observed, that though this period most frequently recurs monthly, yet sometimes it happens on the twentieth day, nay, sometimes twice in a month, and at other times it returns not even once in a month; and all this inconstancy, too, sometimes without any injury to the health of the person.

IN bilious and hot constitutions, the menses flow something earlier, and finish their periods sooner.

Dainty and luxurious women who feed high, and live sedentary lives, have the first appearances of these usually

earlier

OF AN OBSTRUCTION OF THE MENSES. 19

earlier than working people, and the flux is often continued beyond the sixth day: and on the contrary, it is terminated sooner in those of a grosser habit, and in those that use a slender diet, or much exercise; but in girls of a more delicate and less sanguine habit, they break forth sooner than in bilious hot constitutions: so that in warmer climates they arrive a year or two before the fourteenth, and in the colder they exceed it. In pregnant women, and such as give suck, they are for the most part wanting, especially after the third or fourth month of their pregnancy. They return with difficulty and but very slowly to women recovering from a very long illness. After the first time, they usually appear regularly every month, reckoning from the day of their first appearing, not from that of leaving the person. The quantity of the evacuated blood encreases to the flower of age; at that time of life it remains the same; and age again declining it is gradually diminished. The blood is found thinner in younger women, but thicker in those who are more advanced in years. The discharge is greater when it begins than afterwards, and gradually decreases every day till it wholly stops.

The Symptoms of a Suppression of the MENSES.

THE first symptoms that attend on an obstruction of the menses are a pain and heat of the loins and adjacent parts, which are felt more particularly when any of the occasional causes of the disease have happened to exert their influence about the natural time of the evacuation,

20. EVERY WOMAN HER OWN PHYSICIAN.

and thereby hinder the discharge of the blood which had been accumulated for that purpose. The patient is also commonly affected with a head-ach and a troublesome pulsation of the arteries, while hæmorrhages often ensue from various parts. She has usually a loathing of food, or her appetite is whimsical and depraved, entertaining a strong desire of eating the most insipid, and sometimes even excrementitious substances. This odd symptom is denominated *pica* or *malacia*. She has likewise a listlessness and languor, with frequent shiverings and a quick and low pulse, indicating a slight degree of fever, though sometimes the pulse is strong. The urine is thick and red, but small in quantity. The eyes appear dull and sunk. She is troubled with a difficulty of respiration, which is frequently interrupted by a cough. Sometimes there is a florid colour in the face. They complain often of a vertigo and palpitation of the heart, nausea, lowness of spirits, which often terminate in fainting and hysteric fits. When the constitution is sanguine, an inflammation of the uterus, or some other part frequently happens, which, when it arises in the womb, ends sometimes in a schirrhus or cancer, if not in a supuration or gangrene. Very few women, indeed, whose menses are long obstructed, escape the fluor albus, and almost all who are so obstructed fall into the chlorosis.

OF AN OBSTRUCTION OF THE MENSES. 21

*Of the Method of Cure in a Suppression or Stoppage
of the MENSTRUAL FLUX.*

BUT before I enter upon the method of cure, it is to be observed, that there is not always room for medicine in a suppression of this monthly discharge, since every obstruction is not morbid (not a distemper); therefore the menses are not to be provoked, because they ought not to flow. Thus they are wanting in those who are *with child*, or *give suck*, without injuring the health. Or if the *blood be deficient*, if too great *evacuation*, if a *chronic disease*, I mean a disorder of long standing, or *great want* have preceded, the menses are by no means to be brought down till the strength is recruited; because the stoppage of this flux is so far from being injurious to these women, that it would rather occasion a distemper, if the flux were unseasonably excited.

THERE are various degrees of the diminution of this flux, for the menses either flow *too sparingly* or *too slowly*, as also very difficultly, or, what oftener happens, *not at all*: but the severest symptoms of all follow upon a *suppression*, which whatever medicines are capable of removing, the same also are some way or other good against a diminution of this discharge; so that if the stoppage of this natural and useful evacuation of blood be fully considered, the other species of a diminution may very easily be understood and cured.

IF, as frequently happens in robust girls in the country, &c. a plethora, or too great an abundance of blood

22 EVERY WOMAN HER OWN PHYSICIAN.

be the cause of menstrual obstructions, the indications of cure are to diminish its quantity by bleeding and gentle purgatives; for while the vessels are overloaded, their action becomes too feeble to propel the blood with sufficient force through the small ramifications.

SOME have imagined bleeding to be most advantageous, when it is performed about the period at which the menses used naturally to flow; and, when the obstruction is recent, such a method is undoubtedly the most advisable; but if the complaint is of longer standing than two months, it is of no consequence at what period we have recourse to the operation. For the return of the menses is not regulated by the stated revolutions of time, but by the accumulation of a proper quantity of blood; and they will therefore begin again to flow whenever the quantity is reduced to such a standard, provided there exists no other cause which may impede the evacuation.

BLEEDING in such strong habits as in country girls, &c. ought to be performed once in six weeks, or two months, to the amount of six or eight ounces, and generally about a week before the usual time of the menses appearing; and the following purgative should be exhibited once a week for two months, or at least as long as the patient remains strong and plethoric:

No. I. Take of infusion of Sena, three ounces; Rochelle Salt, six drachms; flakey Manna, half an ounce.

THE

THE following pills and infusion to be taken until the menses return, only omitting their use on those days that bleeding or purging is used:

No. II. Take Calomel, one drachm; golden sulphur of Antimony, two scruples; powder of Rhubarb, half a drachm; powder of Myrrh, one drachm.—To be beat up into a mass with extract of Gentian; and to be divided into sixty pills, two of which are to be taken every night, drinking afterwards five large spoonfuls of the following infusion:

No. III. Take Pennyroyal, Mugwort, Feverfew, and Rosemary, each one handful (the leaves only); and pour three pints of boiling water upon them; let it stand for twenty-four hours, then to be poured off clear, and one gill of hysteric water to be added to the whole.—Five spoonfuls of this infusion to be taken at night with the pills, and every morning fasting by itself.

THE above prescriptions must be persisted in for several months, or until the monthly discharge returns; and if during this time the constitution should become weaker, then the same mode of cure is to be prescribed as in obstructions happening to those who are not very strong, or of a plethoric habit of body.

I SHALL now proceed to show the remedies proper to be used in obstructions of the menstrual flux, where the body is not strong, as is the case in general in women who reside in large towns, and those who live a sedentary or a dissipated life. In these persons the stoppage of this flux is owing to a defect or viscosity of the fluids, and a weakness of the vascular system; so that the curative plan is not to diminish but increase the strength, which will render the circulation more brisk. In such cases (which are by much the most common) bleeding is seldom necessary, and purgatives only proper when costiveness requires their use.

First, I would advise the cure to be begun by an Emetic, for in such habits viscid and fordid matter is frequently generated in the stomach, as symptoms of indigestion commonly attend the obstruction in such habits.

THE EMETIC.

No. I. Take of Ipecacoanha Wine, two ounces;
Oxymel of Squills, two drachms.

This is to be worked off with Carduus Tea, and repeated once in ten or twelve days, if symptoms of indigestion, &c. render it necessary; as evacuating the viscid matters out of the stomach will often re-produce an appetite, a good digestion of the food, and consequently mend the whole habit; and thus may sometimes re-produce the menstua with very little other assistance.

THE

OF AN OBSTRUCTION OF THE MENSTRUUM. 23

THE LAXATIVES.

No II. Take of Pennyroyal water, two ounces;
tincture of Hiera-picra, fix drachms;
Syrup of Rue, three drachms.

THIS is to be taken once a week, the tincture of Hiera-picra to be increased or diminished in its dose, according to the operation, remembering that only two or three stools, at most, are necessary in the habits now treating of.—Or, if pills are more agreeable,

No. III. Take of Rufus's pill, one drachm; powder of Rhubarb, half a drachm; powder of Ginger, one scruple.—To be made into a mass with Syrup of Rue, and divided into twenty-four pills; two of which to be taken every night.—Or,

No. IV. Take of Jalap, two drachms; Cream of Tartar, a drachm and a half; powdered Ginger, one drachm.—Mix, and make them into a very fine powder.

THIS is not only a cheap, but a very useful purge in such cases; it may be administered to girls under sixteen, from ten grains to a scruple, and to grown women, from half a drachm to two scruples, and taken in a glass of Sena tea.

I SHALL

262 EVERY WOMAN HER OWN PHYSICIAN.

He should proceed to give several forms of deobstruent medicines; to be used until the menstrual flux returns.

No. V. Take of Myrrh in fine powder, half an ounce; Saffron, three drachms; prepared Steel, two drachms.—Mix, and make into a fine powder.—The dose is from one scruple to half a drachm, twice a-day in a glass of Pennyroyal water.—

Or,

No. VI. Take of Gentian, half an ounce; Succotrine Aloes, one drachm; Borax, two scruples; rust of Iron, finely powdered, half a drachm.—Make them into a fine powder, to be taken in the same dose and manner as the foregoing powder.—

Or,

No. VII. Take of black Hellebore, one drachm; salt of Amber, one scruple; Saffron, eighteen grains; fine Loaf-sugar, one drachm.—These to be reduced into a fine powder, and half a drachm to be taken night and morning in a glass of weak Rue tea.

If pills are more agreeable to the Patient, the following are very valuable ones:

No. VIII,

No. VIII. Take of the Gum pills, Rufus's pill, and Borax, of each one drachm; the essential oils of Pennyroyal and Savin, each six drops; elixir of Aloes, as much as is sufficient to make them into a mass, which is to be formed into forty pills.

No. IX. Take of the Gum pills, two drachms; Rufus's pill, one drachm; salt of Steel, two scruples; Ginger in powder, one scruple; elixir of Aloes, a sufficient quantity to reduce them into a mass, which is to be made into forty-eight pills: three, four, or five of either of which pills may be taken twice a-day, drinking a glass of the underwritten bitter infusion, or four spoonfuls of the following julep after each dose:

No. X. Take of simple Pennyroyal water, four ounces; simple Rue water, two ounces; spirituous Pennyroyal water, one ounce; tincture of Castor, two drachms; syrup of Saffron, six drachms.—Mix them together for a julep: two or three spoonfuls of which likewise may be taken at any other time, if faint, or low-spirited, or in slight hysterical complaints.

If neither pills nor powders are acceptable to the Patient, the following electuaries are very powerful ones, and

and perhaps not second to any other remedy for this purpose :

No. XI. Take of Zedoary powdered, half an ounce ; black Hellebore root, two drachms ; Myrrh, four scruples ; extract of Savin, one drachm ; Saffron, two scruples ; to be made up into an electuary, with a sufficient quantity of syrup of Ginger.—The bulk of a very small Nutmeg may be taken every night and morning.

No. XII. Take of conserve of Orange-peel, two ounces ; prepared Steel, two drachms ; aromatic Species, one drachm ; Russian Castor, two scruples ; syrup of Rue as much as will make them into an electuary.—The dose twice a-day, as above, with proper exercise. These electuaries should be washed down with a wine-glass of the following bitter infusion :

No. XIII. Take of Gentian, half an ounce ; Chamomile flowers, three drachms ; Orange-peel, two drachms ; Aniseed, half an ounce.—Pour upon these one quart of boiling water, let them stand in a covered vessel twenty-four hours, then strain off for use.

OF AN OBSTRUCTION OF THE MENSES. 29

THE following drops are likewise very powerful for this intention :

Take of elixir of Aloes, half an ounce ; compound elixir of Myrrh, and tincture of Martial Flowers, each two drachms.—Mix them together.—From thirty to sixty of these drops may be taken two or three times a-day in a wine glass of the following bitter infusion :

Take of fresh yellow rind of Lemon-peel, carefully freed from the inner white part, five drachms ; Gentian root sliced, two drachms ; Ginger sliced, one drachm ; boiling water, one pint.—Let them steep or infuse in a close vessel, for an hour or two ; then strain the liquor through a sieve or cloth, without pressing.

FOR very delicate stomachs the following draught taken twice a-day, with proper exercise, is a very useful medicine :

Take of the above bitter infusion, one ounce and a half ; Steel wine, two drachms ; Saffron wine, and Nutmeg water, each one drachm.—Mix, and make a draught.—Fifteen or twenty drops of the tincture of black Hellebore may be occasionally added to this draught.

THEY who cannot dispense with powders, pills, or electuaries, may, for common use, take the following diet-drink :

Take

Take of the filings of Iron, one ounce and a half; the roots of Angelica, round Birthwort, Mad-dar sliced, black Hellebore bruised, and the leaves of Savin cut small, each half an ounce; old strong Beer, four pints.—Infuse them together without heat, for a week, or longer, frequently shaking the vessel; then strain off the liquor for use.

A LARGE glass of this medicated beer may be taken twice a-day, using, at the same time, moderate exercise, in order to forward its effects; and as it is a very powerful remedy in obstinate obstructions of the menses, in lighter complaints of this kind the Savin may be left out, and the quantity of black Hellebore lessened: and in case the Patient has any hectic heats, the filings of Iron must be omitted.

It is sometimes difficult to distinguish an obstruction of the menses from pregnancy, though the point may be generally determined by observing the complexion, which in obstructions of the natural discharge generally appears sickly: and further, no motion is felt in the uterus, nor do the symptoms disappear about the third month, as happens in pregnancy. However, we should at all times be extremely cautious on this point, as it is impossible at a very early period to determine with certainty, whether the symptoms proceed from an obstruction of the menses or pregnancy.

WHEN

WHEN obstructions of the menses are recent, they may be restored without much difficulty; but if the evacuation has been long suppressed, there is scarcely a case in phycic more obstinate. The cure is also easier when the disorder proceeds from a plethora, than when it is owing to a viscosity of the humours, or a constriction of the uterine vessels. It is commonly observed that fat women, and those who use much exercise, are less exposed to injurious consequences from obstructions, than such as are of the opposite constitution, and who use a different manner of life. When the suppression of the menses has produced a great degree of cachexy, if the disorder is not speedily remedied, it generally terminates in a hectic fever, consumption, and sometimes in a fatal dropsy.

THE great facility with which this evacuation may be suppressed, and the terrible evils which ensue, should induce the Female Sex, during the approach or continuance of them, to avoid every cause that may prevent their flowing, or which may stop them before their usual time. The Author wishes to impress strongly upon their minds of what great importance it is to be very attentive to themselves at those critical times; and the younger and more delicate they are, caution becomes the more necessary for them. At the same time he is very sensible, that many strong young women suffer no inconvenience from inattention to their monthly discharges; but his own practice could produce many young women, who, by their imprudence

prudence on such occasions, have thrown themselves into the most dangerous disorders.

I SHALL conclude this head with a hint to young women, who often destroy their health to procure a fine shape, which they foolishly imagine, can be acquired by *lacing themselves tight*. This violent compression of the stomach, bowels, and other viscera, is too frequently the cause of an obstruction of this discharge, and many other maladies. The practice is not, indeed, so common as it has been; but, as fashions change, it may come about again; and I have only to say, that human invention could not possibly have devised a practice more destructive to the health of the female sex.

C H A P. IV.

Of the IMMODERATE FLUX of the MENSES.

THE flowing of the menses in a moderate quantity, and at a certain period of time, is natural; but if the flux exceeds in quantity or oftener returns, or if it continues longer than usual, so as to prove prejudicial to the patient, it may then very justly be said to be immoderate and preternatural.

An over-abundance of blood, or its being by any means overheated, or too much attenuated, or too sharp and acrimonious, may cause this immoderate flux; also wounds, blows, falls, &c. may give rise to it.

An Uterine Hæmorrhage may likewise proceed in women with child, either from a total or partial separation of the placenta, or from part of the after-birth, or large clots of blood, &c. being left in the womb after delivery.

In the first case, if the flooding be very profuse and violent, nothing can preserve the life of the woman but a forcible and speedy delivery. In the latter case, the remains of the after-birth or clots of blood, &c. must likewise be extracted, by introducing the hand into the uterus.

THE menses are distinguished from a flooding, in their not appearing suddenly nor copiously; whereas the latter is known by its coming on quickly and very profusely, and generally flowing in a continued stream. If a large vein be inwardly burst or opened, the blood flows very profusely; if a smaller vein, it flows more gradually, and in no great quantity; but if the vein be eroded, the blood comes away not only gradually, but also with a sense of pain.

HÆMORRHAGES from the womb are usually attended with faintings, coldness of the extreme parts, paleness, and often convulsions arise if it be very violent; but when the complaint returns frequently and in less quantity, it lays the foundation of the most inveterate chronic diseases; and there come on dropical and asthmatic complaints, cachexy, hectic fever, &c. which terminate in the death of the patient.

34 EVERY WOMAN HER OWN PHYSICIAN.

FLOODINGS are restrained by contracting the orifices of the divided vessels, or by coagulating the blood, or by both together so as to obstruct its course.

AFTER a small quantity of blood drawn from the arm, by way of revulsion, if the Patient's strength will admit of it, Dr. Mead directs as well those medicines which condense and thicken the blood, as those which allay its heat. Of the first sort, he says, the principal are such as participate of Vitriol or Alum; especially the tincture of Roses; or a powder, composed of Alum three parts, and Dragon's blood one part, mixed together. But the heat of the blood, and its consequence, the flux, is more powerfully checked by the Peruvian bark, than by any other medicines whatsoever.

BLEEDING being premised, half a drachm of Rhubarb, with five grains of grated Nutmeg, made into a draught, or bolus, with Diacodium, may be taken two or three times, at proper intervals, unless the flux is very profuse, and the Patient extremely weak.

AFTER the first dose of Rhubarb, and in the intervals thereof, some of the following medicines will be proper:

No. I. Take of the above Styptic powder (composed of Alum and Dragon's blood) compound powder of Amber, Nutmeg powdered, each eight grains; syrup of Diacodium, as much as will make a bolus, to be taken every four, five, or six hours, drinking a wine-glass of the following julep after:

No II.

No. II. Take two ounces of the conserve of red Roses; strong spirit (called Oil) of Vitriol, one scruple; boiling Water, two pints.—First mingle the spirit of Vitriol with the Water, in a stone-ware vessel, and in this mixture infuse the conserve; when the liquor is grown cold, strain it for use. Or,

No. III. Take of red Rose-buds, freed from the white heels, half an ounce; strong spirit of Vitriol, one scruple; boiling Water, two pints and a half.—Mix the spirit with the Water, and infuse the roses therein till the liquor is grown cold, as above: then strain it out for use, to which sugar may be added, or not, as occasion requires.—Take of the foregoing tincture of red Roses, twelve ounces; simple Cinnamon water, and red Wine, each two ounces; fine Sugar, two drachms.—Mix, and make a julep.—Tincture of Roses may likewise be taken as a common drink.—Or,

No. IV. Take of the soft extract of the Bark, fifteen grains; toasted Nutmeg, five grains; Alum, three grains; syrup of Diacodium, as much as will form them into a bolus, to be taken as above.—Or,

36 EVERY WOMAN HER OWN PHYSICIAN.

No. V. Take of weak Cinnamon water, two ounces; Styptic tincture, three drachms; Peruvian bark in powder, one drachm; syrup of Quinces, two drachms.—Mix, and make a draught to be taken three or four times a-day.

—The following electuary is a very useful medicine :

No. VI. Take of conserve of Roses, one ounce; compound powder of Bole, without Opium, three drachms; the above Styptic powder, one drachm; Diacodium, as much as will make them into an electuary.—The quantity of a Nutmeg is to be taken three or four times a-day, with a draught of tincture of red Roses.

In very obstinate fluxes, a quarter of a pint of the following Alum-whey may be taken three or four times a-day :

No. VII. Take a quart of fresh Cow's milk, and two drachms of rock Alum, in powder.—Boil them till the Milk is curdled, then carefully separate the whey by straining, and add to it two ounces of fine Sugar for use.

SIR David Hamilton has commended a strong decoction of bitter Orange-skins, as a singular, but most ef-

fectual

IMMODERATE FLUX OF THE MENSES. 37

fectual remedy in an immoderate flux of the menses :
it may be prepared in the following manner :

No. VIII. Take the whole rinds of seven Seville Oranges ; boil them in three pints of Water, to a quart. — To the strained liquor add one ounce of fine Sugar, and sixty drops of elixir of Vitrol. — The dose is six spoonfuls every third hour.

It will often happen, that from the use of these medicines the Patient becomes costive. In this case, a small quantity of Rhubarb, either in substance or tincture, should be added ; or Mamm. Elect. Lenitiv. &c. as in the like cases, may occasionally be given. And indeed it will be frequently necessary, unless the Hæmorrhage is very profuse, and the patient extremely weak, that a dose of Rhubarb should precede the use of these incrassating and astringent medicaments, in order to carry off bilious and ferous humours, or any impurities from the bowels, which may, at proper intervals, be repeated.

THE Patient in this disorder should be kept cool during the flooding, and perfectly at rest. Jellies prepared with Hartshorn shavings and Isinglass, and Gum Arabic or Tragacanth, dissolved in Barley-water, Rice and Barley-gruels, Sago and Papada, &c. are all very proper in their turns.

C H A P. V.

The CHANGE of LIFE.

HAVING offered in the preceding Chapters a variety of useful and efficacious remedies to obviate the evils the Fair Sex are liable to from an obstruction, or too great flows, of the monthly discharge; I shall now briefly take notice of a period of life dependent upon menstruation, which has been, I believe, not considered in former works of this kind.

At or near the time the menses leave women, they generally make their appearance very irregularly; sometimes a great flow of them occurs every six or eight days, at others, once in two or three weeks; now and then a very great discharge of blood flows once in six weeks, or even two or three months (the disease then may be properly called a flooding, and should be treated in the same manner as that disorder) and at other times not so often: and as the time of their appearance differs, so also doth the quantity discharged vary.

Now as this critical time of life, either neglected or ill-treated, is very frequently the cause of the worst diseases, particularly cancers of the womb, breasts, &c. as well as lays the foundation for a bad state of health ever afterwards; I thought it would be doing an act of kindness to my female Readers, to give them some instructions in a disease which may be attended with such serious consequences.

FIRST,

FIRST, If the Female be a woman of a tolerable strong habit of body, she should be bled to the amount of six or eight ounces every two or three months for four or five times, and take the following laxative once a week for a considerable time :

No. I. Take Rochelle Salt, five drachms; flakey Manna, three drachms; dissolve in a gill of hot Water; strain, and add spirits of Lavender, two drachms.

THE following powder is to be taken twice a-day for a month, omitting it on the day the laxative is used :

No. II. Take of purified Nitre, one scruple; Sugar of Roses, ten grains; make the powder, to be taken in a glass of red Wine and Water.

If pills are more agreeable, I can recommend the following form from my own experience :

No. III. Take of Armenian Bole, three drachms; Japan earth powdered, one drachm; Bistort root in powder, two scruples; make the ingredients up into a mass with syrup of Quinces, and divide into sixty pills, four to be taken night and morning with a Wine-glass of the following infusion :

40 EVERY WOMAN HER OWN PHYSICIAN.

No. IV. Take of Tormentil root, half an ounce;
Aleppo Galls, two drachms; infuse in
a quart of boiling Water; then to be
strained off for use.

No. V. Take of the common decoction of Bark,
two ounces; Japan tincture, one grain; &
make the draught, to be taken twice a
day for six weeks.

As many years practice has convinced me, that several
of the incurable disorders which arise at the change of life
have been owing to this disease, which is commonly cal-
led *dodging*. I cannot too earnestly recommend that a
proper attention may be paid to the remedies I have
laid down in this Chapter; as by so doing future ills
may be avoided, and those Females who get over this
critical time, may enjoy good health the remainder of
their lives.

CHAP. VI.

Of the FLUOR ALBUS, or WHITES.

THIS disease, which is peculiar to women, is a
discharge of a whitish matter issuing sometimes
from the womb, and sometimes from the glands of
the vagina. In the former case, this discharge is sup-
pressed during the menses: in the latter, it subsists
with them. In the mildest state of the disease, the dis-
charge

OF THE FLUOR ALBUS, OR WHITES. 41

charge is whitish; but if the complaint continues long, it becomes much worse, and a yellowish or greenish matter is voided, very sharp and corroding to the parts it is discharged upon: in this situation the Female looks pale, with a particular kind of blueness about the eyes, and a violent pain about the small of the back, &c. the breathing becomes short and laborious, and very often the legs and feet swell.

In both species of this disease, the principal intention ought to be directed towards mending the habit of body; but when the seat of the distemper is in the Vagina, external applications, such as astringent injections, will be frequently found very beneficial, and sometimes succeed in the cure, when internal means have been of no avail.

As bleeding is by no means requisite, unless symptoms of fulness in the system should indicate its use, it will be proper to begin the cure with the following emetic:

No. I. Take of Ipecacoanha Wine, one ounce;
Oxymel of Squills, two drachms. To
be worked off with Carduus Tea.

GENTLE purging may be necessary once a week, especially if the Patient is strong, and naturally of a costive habit.

No. II.

42 EVERY WOMAN HER OWN PHYSICIAN.

No. II. Take of Sal Rochelle, half an ounce ; flakey Manna, three drachms.— Dissolve these in three ounces of Water, and add tincture of Sena, two drachms ; syrup of Roses, one drachm.—Or the following bolus may be taken ;

No. III. Take of Rhubarb, one scruple ; Calomel, two grains ; Nutmeg, five grains ; syrup of Roses, enough to make them into a bolus.

On the intermediate days, one or other of the following forms should be administered :

No. IV. Take of Olibanum, in powder, two drachms ; rough Alum, one drachm ; salt of Steel, two scruples ; Ginger, one scruple ; a sufficient quantity to make them into a mass, to be formed into forty-eight pills, four of which may be taken twice or thrice a-day, with a quarter of a pint of Spa, Pyrmont, or any other Chalybeate or Steel-water, or any other liquor.—
Or,

No. V. Take of Olibanum, in powder, from a scruple to half a drachm, or two scruples ; common Water, that has boiled, two ounces ; Nutmeg water, and syrup of Sugar, each one drachm.

OF THE FLUOR ALBUS, OR WHITES. 43

LET the Olibanum, with a sufficient quantity of yolk of an egg, be well worked up in a mortar; then add gradually the syrup and common water, and, when they are thoroughly incorporated, the Nutmeg-water: make them into a draught, to be taken twice a-day. French brandy will do instead of Nutmeg-water.—Or,

No. VI. Take of the conserves of Hips, and Orange-peel and Cinnabar of Antimony levigated, each half an ounce; Mastic, soft extract of the Bark, each two drachms; Colcothar of Vitriol, four scruples; syrup of Sugar, as much as will make them into an electuary, of which the quantity of a large Nutmeg may be taken three times a-day, drinking a quarter of a pint of Saffras tea, or the like quantity of either simple, or the more compounded Lime-water, after each dose.

WHEN the disease is of the worst kind, and has been of long continuance, and the discharge is yellow, green, or blackish, and of a sharp excoriating nature, or foul and foetid (that is, of a strong and offensive smell); a vomit, and that sometimes repeated, of four or five grains of the yellow mercurial emetic, (formerly called Turbith Mineral) made into a bolus, will be necessary, in order to make a revulsion; for in this case the distemper very much approaches to the nature of the venereal disorder; and therefore great care should be taken in examining

44 **EVERY WOMAN HER OWN PHYSICIAN.**

examining the patient, that one of these distempers be not mistaken for the other. In this case, then,

No. VII. Take of resin of Guaiacum, ten grains; Calomel, five grains; Cordial confection, fifteen grains; syrup of Saffron, as much as is sufficient to make a bolus, to be taken at night going to bed, and to be repeated every third night, purging them off once a-week with the following position, which may be rendered stronger (if the purgative produces three or four stools, its operation will be quite sufficient), if occasion requires, with the addition of one or two drachms of tincture of Jalap.

No. VIII. Take of infusion of Sena, two ounces; tincture of the same, half an ounce; solutive syrup of Roses, two drachms; make the purging draught.

This purging method may be pursued for three or four weeks, at four or five days distance; and in the intervals thereof, if the case be very obstinate, and should have arisen in cachectic or phlegmatic habits, it may be useful to take for some time proper detergent and stimulating medicines, as the tincture of Cantharides, from ten to fifteen drops, twice a-day, in a draught of Saffras tea, &c. or the following decoction of the woods, &c. for a few weeks. The volatile tincture of Guaia-

cum

OF THE FLUOR ALBUS, OR WHITES. 45

cum is also sometimes of great service, after proper evacuations; thirty drops of it may be taken twice a-day in half a pint of tea made of Guaiacum shavings; this will frequently promote perspiration, and consequently determine the acrimonious humours to the skin, which may prove very advantageous in this troublesome and disagreeable complaint.

Take of the shavings of Guaiacum wood, one ounce and a half; Sassafras wood shaved, half an ounce; Liquorice sliced, two drachms; water, two quarts.

Boil the Guaiacum with the water, over a gentle fire, to one quart; adding towards the end, the Sassafras and Liquorice.—Strain out the liquor; and having suffered it to rest for some time, pour off the clear from the dregs.

AFTER these necessary evacuations, and the above treatment, either the preceding strengthening pills or electuary, or the following one, may be given with more safety, and a greater probability of success:

Take of the Peruvian bark, in powder, six drachms; nutmeg, three drachms; Alum, two drachms; Colcothar of Vitriol, one drachm; Syrup of Lemon juice, as much as will make them into an electuary, of which let the Patient take the quantity of a large Nutmeg three or four times a-day.—Or,

46 EVERY WOMAN HER OWN PHYSICIAN.

In hot sanguine constitutions, thirty drops of the acid elixir of Vitriol may be taken, after proper evacuations, three or four times a-day, in half a pint of infusion of red Rose-leaves.

As to external applications, which, as we have already observed, when the disorder proves obstinate, are sometimes very advantageously used; more especially when the glands of the Vagina become the seat of the disease; we should most carefully avoid all those remedies which would act powerfully as repellents * of the offending humour. The great Boerhaave declares, "he has often, with great success, prescribed a small quantity of Bates's Alum-water, or of the camphorated vitriolic water, with a little Egyptian Honey added to either, to be thrown up the Vagina with a proper syringe two or three times a-day for a few weeks." Or sometimes an infusion of Galls, injected in the same manner, has been found very beneficial. In short, as this is a complaint with which three parts of the Female Sex are affected, and as it may take its rise from a variety of causes, so a great variety of medicines must be frequently used to remove it; and after all, it will too often baffle all our endeavours, as many women wofully experience, who are afflicted with this very disagreeable and troublesome disease: in this case, living mostly in the country, and an easy mind, will make the disorder much more to be lerable.

* Repellents are medicines that force back the humours upon the internal parts, and too often upon some one or other of the vital organs, which may terminate in the death of the Patient.

A GILL of Alum-whey taken three times a-day has sometimes effected a cure, when all other remedies have failed; it undoubtedly can do no harm, and is well worthy the attention of the Patient, as the astringent power of Alum has been universally allowed by all Practitioners.

If this medicine, as it sometimes does in habits where the digestive organs are very much disordered, should occasion acidity, heart-burn, or any other uneasy sensation in the stomach, two scruples of prepared Pearl, Crabs claws, or Coral; or, if costive, a drachm of Magnesia, with a few grains of aromatic Spices, taken twice a-day for a week, will remove these accidental symptoms.

CHAP. VII.

Of the NERVOUS or HYSTERIC DISEASE.

OF all the diseases incident to the human body, there is no one which renders the life of the Female Sex so truly wretched as the hysteric or nervous disease; it is a disease of itself, and very often the foundation of all the disorders we have hitherto treated of, as well as frequently brought on by those complaints. It is a malady common to all times of life, whether single, married, or in the state of widowhood; and though it seldom or ever kills the Patient, yet its effects on the constitution are often extremely alarming,

48 EVERY WOMAN HER OWN PHYSICIAN.

alarming, as, if it continues in a very violent degree, and for any length of time, it sometimes terminates in madness, epilepsy, or some other incurable disease.

THE symptoms of this distemper are so various, that they appear in the form of almost all other disorders; but they may be distinguished by attending to the habit of the Patient, and by a lowness of spirits which always attends them. A pain in the back is another general symptom; and the urine is always pale, thin, and in a large quantity. The mouth frequently runs with water also, the hands and feet are very cold and chilly, and an intolerable pain is sometimes felt in some part of the head, which is generally confined to one point, as if a nail was forcibly drove into it. This is frequently accompanied with reaching and vomiting. There is very often a sense of something like a ball ascending from the bottom of the belly into the throat, which puts the Patient under great apprehension of being suffocated. The sick in this condition is affected with the utmost disturbance and dejection of mind; sometimes violent laughter and profuse weeping succeed each other by turns, without any apparent or real cause for either: lastly, distensions of the belly, grumblings in the bowels, sour or putrid belchings, vomitings, nephritic or gravelly pains, and sometimes a looseness, are added to the train of this manifold distemper.

WHEN a woman has fallen into an hysteric fit, substances that are of a strong, fetid, and disagreeable smell; such as the snuff of a candle, spirit of Hartshorn,

or

or rather volatile Salts, Afafetida, and the like, should be held to her nostrils in order to rouse her; sometimes cold water sprinkled upon the face, common snuff, or other sneezing powder, will answer the same end.

If the vessels are full, and the Patient is of a strong habit of body, bleeding will be necessary in the fit: but if she be of a weak constitution, and has been often troubled with fits, then bleeding should be omitted; and instead thereof, her thighs and legs ought to be well rubbed, or dry cupping-glasses applied.

When she is recovered from the fit, proper means must be used to prevent a relapse. If she be liable to obstructions, and not regular, the menstrual discharges are to be promoted by such remedies as are prescribed in that Chapter, to which I refer the Reader.

AFTER this, in order to prevent a return of the fit, and to eradicate the cause of the disorder, a gentle vomit of eight or ten grains of the root of Ipecacoanha, in powder, or six drachms of Ipecacoanha wine; or in very weak constitutions, an infusion of Carduus, Chamomile-flowers, or Green-tea, is to be administered, and which may be occasionally repeated according to the strength and constitution of the Patient. A day or two after the vomit, it will be very proper to give a gentle stomachic purge.

When a woman has fallen into a hysterical fit, this respect are, blisters, the Bath, and disengageable. **E** and the cold bath. **N** and the cold bath. **N** and the cold bath.

30 EVERY WOMAN HER OWN PHYSICIAN.

No. I. Take of Hiera-picra tincture, one ounce;
tincture of Sena, three drachms; spirits
of Lavender, two drachms.—Mix, and
make the opening draught, which is to
be taken once a-week, or oftener, if the
habit is costive.—Or,

No. II. Take of the vinous tincture of Rhubarb,
one ounce; infusion of Sena, one ounce;
tincture of Cardamoms, two drachms.—
Mix, and make a draught, to be taken
as above.—Or,

No. III. Take of Rufus's pill, one scruple; powder
of Jalap, five grains; aromatic Spices,
five grains; with a sufficient quantity of
syrup of Saffron; divide the mass into
five pills, two to be taken at night, the
rest of them in the morning.

It will be very proper for the Patient to take at night,
after the operation of each vomit and purge, fifteen or
twenty drops of the Thebaic tincture, in a glass of
Mint-tea, &c.

AFTER these evacuations, we must now enter upon
the use of those remedies, which not only strengthen
the stomach and bowels, but likewise the whole body;
and those that have been found the most efficacious in
this respect are, Bitters, the Bark, Vitriolic Elixir,
Steel, and the Cold Bath.—Or,

NERVOUS OR HYSTERIC DISEASE.

No. IV. Take of the bitter infusion, twelve ounces; simple Cinnamon-water, and Nutmeg-water, each two ounces.—Mix, and let the Patient take a Wine-glass every morning fasting, and at six o'clock in the afternoon.

If this light bitter infusion heats too much, it must be weakened, or taken along with twenty or five-and-twenty drops of elixir of Vitriol, or exchanged for the Bark, which is more strengthening and less heating than Bitters. It may be given either in substance or decoction, but rather infused in cold or boiling water, in Lime-water, Wine, Brandy, or Rum; the proportion is an ounce of Bark, powdered, to a pint of any of the above liquors, to be infused together for four or five days, often shaking the vessel, and then to be strained out for use; to which (if water is made use of) may be added two ounces of Nutmeg-water; but if the Patient be troubled with acidity, or sharp humours in the stomach or bowels, it ought to be infused in the Lime-water cold, Brandy, or Rum.

No. V. Take a pound of Quick-lime, and a gallon

and a half of water.—Pour the water gradually upon the Lime, and when ebullition or bubbling is over, let the whole stand to settle; then decant or strain the clear liquor for use, which is to be kept in vessels closely stopp'd.

THE Bark and Bitters may be very advantageously joined, in the following form :

No. VI. Take of the Peruvian bark, in powder, an ounce and a half; dried Orange-peel, half an ounce; Cinnamon bruised, and Gentian root sliced, each two drachms; Brandy, two pints.—Infuse them together for two weeks, frequently shaking the vessel, then strain it for use.—A large spoonful of this tincture may be taken three times a day, in a glass of weak Chamomile tea.

When acids do not disagree, twenty or thirty drops of elixir of Vitriol may prove very beneficial; it may be either added to the above tincture, or taken in the following draught :

No. VII. Take of simple Mint-water, an ounce and a half; Stomach tincture, half an ounce; spirits of Lavender, two drachms; syrup of Saffron, a drachm and a half.—Mix, and make the draught to be taken three times a-day, adding the above dose of Vitriolic Elixir to each draught.

THE Elixir of Vitriol, taken two or three times a-day, joined with stomachics, as above described, has generally good effects in strengthening the first passages, and consequently restoring a decayed appetite; as it removes those

NERVOUS OR HYSTERIC DISEASE. 53

those symptoms which depend upon a weak and relaxed state of the stomach and bowels, viz. flatulency, acidity, indigestion, &c.; and, at the same time, proves an agreeable cooler when the stomach-complaints are attended with any degree of feverish heat, thirst, white tongue, &c.

THERE are few medicines which more remarkably strengthen the stomach and bowels, and, indeed, the whole system, than the Chalybeate preparations; especially where no hectic symptoms attend the hysteric disease: if these should be present, Iron or Steel and its preparations are extremely improper, as they would increase the hectic heats, night sweats, &c.; but when the nervous disorder becomes so very serious, it behoves those who regard their friends or acquaintance to apply to the Physician for his assistance.

No. VIII. Take of Orange-peel, three ounces; candied Ginger, six drachms; rust of Iron, finely powdered, three drachms; aromatic spices, a drachm and a half; syrup of Ginger, a sufficient quantity to make an electuary; the bigness of a Nutmeg to be taken every night and morning, with a large spoonful of the above bitter infusion, diluted with weak Cinnamon or Mint-water.

THE Spa, Pyrmont, Bath, and, indeed, our own Steel-waters may sometimes be drank to the quantity of

54 EVERY WOMAN HER OWN PHYSICIAN.

a quart a-day, either alone or mixed, at meals, with a glass of Red Port; and in some cases twenty drops of the tincture of Steel may be added, and taken in a glass of any of these mineral waters twice in twenty-four hours. — Or,

No. IX. Take of Gum pills, three drachms; salt of Steel, one scruple; Rhubarb powder, half a drachm; oil of Mint, six drops; Syrup of Saffron, as much as will make the mass; to be divided into fifty pills, four to be taken twice a-day, with a glass of any of the above waters.

THE great Sydenham says, “that Chalybeates frequently heat and disorder the system the first five or six days of taking them; which, if violent, may be relieved by fifteen drops of Thebaic tincture, given in Mint-tea at bed-time; but these effects very soon give way, and then they invigorate and strengthen the system very fast, especially if exercise in the country is used at the time of taking them.”

NOTHING perhaps strengthens the nervous system, or state of the nerves in general, more sensibly, or gives a greater spring to all the vessels, than cold bathing; for although the water only acts immediately on the cutaneous nerves and vessels, yet its strengthening power is, by sympathy, communicated to the inmost parts of the body. The most proper seasons for it are the spring, summer, and autumn. It is enough, especially for those of a spare habit, to go into the cold bath three times

times a week; but as it tends to make people thinner, those who are too plump may use it daily. The tincture of steel may be added, and taken in a glass of Red Tyndal's. When the stomach, liver, or other bowels are much obstructed, or otherwise very unsound, the cold bath is improper, since by turning the blood with more force than usual upon these parts, it may increase, instead of lessening the Patient's complaints.

To prevent mistakes, it may be proper to mention, here, that while I recommend bitters, the Bark, elixir of Vitriol, Chalybeate, or Steel medicines, and cold bathing, as the best strengtheners of a delicate nervous system; I do not mean that all these various and powerful remedies are to be used at the same time, or even by the same Patient. In some Patients the tincture of the Bark, with some stomachic bitters, will prove the most efficacious remedy. In others, more advantage may be found from Steel in substance, or the mineral springs; and in some, cold bathing alone may succeed, or at least make the various remedies more efficacious.

PREGNANT women likewise, and others whose blood is in a hot or inflamed state, or of a bilious warm constitution, or subject to any kind of hemorrhage or flux of blood, as the piles or immoderate flows of the men- ses, &c. should by no means take Chalybeates, or even the very powerful Bitters, as they might, by their heating and bracing quality, increase these complaints so much as to prove fatal.

56 EVERY WOMAN HER OWN PHYSICIAN.

THE Ammoniac Gum, or Afafætida, is useful where sudden relief is wanted; but a too frequent use of these heating Gums, hurts the stomach at last; and whatever remedy injures this organ, must be productive of increasing these complaints.

No. X. Take of the Ammoniac Gum, or Afafætida, one drachm; salt of hartshorn, one scruple; dissolve them by rubbing them in a mortar; and add seven ounces of Pennyroyal-water, and one ounce of compound spirit of Lavender, and syrup of Saffron, six drachms.—The Patient may take, of this mixture, two large spoonfuls when faint or very low spirited.—Or,

No. XI. Take of Pennyroyal-water, five ounces; Hysteric-water, two ounces; syrup of Saffron, six drachms; tincture of Soot, half an ounce; Cardiac Confection, two drachms.—Mix, and to be taken in the same manner as No. X.—Or,

THE following drops may be taken with advantage:

No. XII. Take of tincture of Castor, half an ounce; volatile tincture of Valerian, three drachms; spirit of Lavender, two drachms.—Mix them together, and take a tea-spoonful in Rosemary tea, when faint or low spirited.

WHEN,

NERVOUS OR HYSTERIC DISEASE. 51

WHEN, in the decline of life, the menses cease, various nervous or hysteric symptoms appear, which are generally lessened, and sometimes removed, (as Doctor Whytt observes in his Observations on Nervous Disorders) by frequent small bleedings, gentle stomachic purges, and issues.

BEFORE the close of this Chapter it may be proper to observe, that good air, proper aliment, moderate exercise, and agreeable amusements, should always accompany the use of the foregoing remedies, not only in this, but in all other nervous complaints.

In the first place then, as a cool and dry air braces and imparts vigour to the whole body, so nothing tends more to relax and weaken than hot air, especially that which is rendered so by great fires, or by stoves in small rooms.

WHEN the stomach and bowels are weak, the body ought to be well guarded against cold, (as Dr. Whytt well observes) especially in winter, by wearing a thin flannel waistcoat next the skin; for this will keep up an equal perspiration, and defend the stomach and bowels from impressions, with which they would otherwise be subject to be affected upon every sudden transition from very warm to very cold, or from a dry to a very damp air.

WITH regard to food, it ought to afford good nutriment, and, at the same time, be easy of digestion. Fat meats

ments and high-fermented fauces are very injurious, as they relax and weaken the stomach greatly, which, in general, in this disease, has its tone already too much impaired. All excess in eating or drinking must be avoided, as even one day's irregularity may cause pain and misery for weeks: on this account, those affected with this troublesome disorder, ought never to eat more at a meal than they can easily digest. But, above all things, meat suppers must be abstained from, because the digestive powers act more weakly during the hours of sleep than when awake.

VINOUS liquors are in general to be preferred to beers or ale, as being lighter, less disposed to ferment, as well as less flatulent: two or three glasses of generous wine diluted with water, or alone, may be useful either with the dinner, or afterwards; but more will disorder a relaxed stomach, heat the system, and hinder digestion. When intended as a cordial, the best time is to drink a glass of wine upon an empty stomach; for the liquor, in that case, being immediately applied to the nerves there, exerts its invigorating effects much sooner upon the heart and nervous system in general.

FOR common drink, water that has boiled with a little Red Port is the lightest and most proper; but when the first passages are so much disordered as to produce heart-burn, acidity, flatulency, &c. then water, mixed with a small portion of brandy, and a little grated Nutmeg, is the best, being greatly preferable to wines or malt liquors.

Under this head, Dr. Whytt observes, that the frequency, now-a-days, of stomach complaints and nervous ailments, as they are commonly called, may be partly owing to the too great use of tea.

EXERCISE is of such use for strengthening the whole body, as well as the stomach and bowels, that, without its assistance, the most powerful medicines will often prove ineffectual. Of all kinds, riding on horseback has been justly esteemed the best. The great Sydenham particularly extols it in hypochondriac and hysteric disorders. But it is proper to observe, that any great exercise, especially riding on horseback, after a full meal, will disorder the stomach, and retard digestion, instead of promoting it.

RUBBING of the legs, arms, trunk of the body, and belly, with a flesh-brush, with flannel, or a coarse linen cloth, is a kind of exercise that strengthens, promotes the circulation, and in a very short time proves surprisingly beneficial, when the stomach and bowels are much affected; and, indeed, they generally sympathise with disorders of the nervous system.

Rising early in the morning, and using gentle exercise, will be of great advantage in itself, as well as assist the proper remedies in bracing and invigorating the system; whereas, without these aids, the best prescriptions will frequently avail nothing.

60 EVERY WOMAN HER OWN PHYSICIAN.

The mind ought to be constantly engaged in some agreeable company or pursuit, so as to be diverted and kept as easy and chearful as possible; long experience having convinced me, that the most valuable medicines will not operate successfully on the body, whilst the mind is agitated and disturbed, since nothing injures more the nervous system, and particularly the digestive organs, than a restless, anxious, and uneasy state of mind.

Nervous or hysteric diseases, from a concealed or disappointed passion, are better cured by the enjoyment of the object; or if this cannot be obtained, by proper diet, amusements, and anodynes, especially at bed-time, for composing the mind and procuring sleep, than by the whole class of nervous medicines; but if the Patient be single, and of a proper age, the advice of Hippocrates should be followed, who wisely says, that *a woman's best remedy is to marry, and bear children.*

OF THE DISEASES OF CHILD-BED WOMEN.

CHAP. VIII.

Of FLOODING.

IF the blood which is usually discharged after delivery, should flow in so great a quantity as to endanger life, (which may be known by a weak and low pulse, a great loss of strength, fainting, and all such symptoms

symptoms as are the consequence of profuse and unnatural evacuations) all possible means must be used to stop it immediately; and this is best done by cold applications: and for this purpose cloths dipt in a mixture of vinegar and water, and applied to the back, belly, and vagina, are excellent, for they cause a sudden contraction of the womb, and consequently prevent the flooding.

DURING these applications, let the Patient take one of the following bolusses or draughts every second or third hour (or oftener, if the stomach can bear them), for in this case there is no time to be lost; and in every draught of liquor she drinks, which ought to be cold, let her also take as many drops of the weak spirit of Vitriol as will make it of a full tartness:

No. I. Take of soft extract of the Bark, a scruple;
Alum, five grains; Nutmeg, two grains;
Thebaic tincture, five drops.—Mix, and
make a bolus, to be taken as above,
with four spoonfuls of the following
Rose julep, of which likewise she may
take a small draught between whiles; or
rather let it be her common drink till the
flooding ceases.

II. If the blood which is usually discharged after birth should flow in so great a quantity as to endanger her life, (which may be known by a weak and pale countenance, a great loss of strength, faintness, and all such

62 EVERY WOMAN HER OWN PHYSICIAN.

No. II. Take of soft extract of the Bark, twenty-five grains; spring water, or rather tincture of Roses, without Sugar, an ounce and a half; simple Cinnamon-water, and Syrup of Lemon juice, each two drams; Thebaic tincture, five drops; weak spirit of Vitriol, twenty drops.—Mix, and make a draught.

No. III. Take of the tincture of red Rose leaves, six ounces; Japan tincture, half an ounce; Syrup of Quinces, six drachms.—Mix, and drink it as above directed.

BUT when the flooding is not so violent, many or most of the astringent medicines prescribed in the chapter on *an immoderate flux of the menstrual discharge*, together with the following restringent fomentation, will be sufficient:

No. IV. Take of Oak bark, bruised, two ounces; Aleppo galls, bruised, half an ounce; Smith's forge-water, two quarts.—Boil the whole to three pints, then strain the remaining decoction, and dissolve in it half an ounce of Alum.—Flannel-cloths folded should be wrung out of this fomentation cold, and applied to the lower part of the belly several times in a day.

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WHERE the disorder is owing to any hurt sustained in delivery, or part of the Placenta, called the After-birth or Womb-cake, being left behind, and the woman is restless, the following paregoric ought immediately to be given, to abate the irritation, and repeated as occasion requires :

No. V. Take of simple Mint-water, one ounce ; weak Cinnamon-water, six drachms ; Paregoric elixir, three drachms ; syrup of Quinces, two drachms.—Mix, and make the draught.

If the woman be of a plethoric constitution, and the pulse full, it will be adviseable to draw some blood from the arm ; after which, if the flooding continue, recourse must be had both to internal and topical astringents.

It often happens that the flooding is increased by a collection of indurated fæces, or flatulence in the bowels, obstructing the regular circulation of the blood through the uterus. In this case no remedies whatever can avail, without the previous use of lubricating, gently purgative, and carminative clysters, which should be repeated as often as there is occasion. It is an indispensable rule in all floodings, never to bind the abdomen too tight, as nothing is more injurious than much pressure. Through the course of the disorder, the Patient should be kept rather moderately cool than warm, and rest should be indulged by the occasional use of paregorics.

64 EVERY WOMAN HER OWN PHYSICIAN.

THE food at this time must be rather nourishing, such as thin Jellies, Caudle, Chicken-broth, Beef-tea, Panada, &c.; and should be given in small quantities at a time, and very frequently repeated.

C H A P. IX.

Of AFTER-PAINS.

A FEW hours after delivery, women are generally seized with violent pains in their loins, groins, and lower part of the belly, which are called After-pains. These pains may arise from part of the Placenta or After-birth being retained, from the woman not cleansing properly; but most commonly they proceed from clots of blood being left in the womb by its sudden contraction. They may likewise be owing to taking cold, or a neglect in not making a pressure upon the belly after delivery, either by a proper roller, or linen skirt, &c. The cure consists in a proper use of Spermaceti, oily medicines, and opiates; by drinking plentifully of smooth diluted liquors warm, and by promoting gentle sweats, by which means the clots come away, and the pains cease: but if the Patient be bound, a clyster of broth, or thin gruel only, in order to procure a stool, should precede the use of these medicines.

No. I. Take of Spermaceti, a scruple; oil of Almonds, three drachms.—Rub them together in a mortar with a little yolk of an egg, till they are incorporated, then add one drachm of syrup of Saffron; simple Alexeterial water, one ounce and a half; simple Pennyroyal water, half an ounce; Cardamom-seed water, one drachm; tincture of Castor, fifteen drops; Thebaic tincture, eight drops.—Mix, and make a draught, to be taken immediately after delivery, and to be occasionally repeated every third or fourth hour.—Or,

No. II. Take of confection of Kermes, one scruple; Cardiac confection, ten grains; compound Contrayerva powder, one scruple; Thebaic tincture, five drops; syrup of Saffron, as much as will make a bolus, to be taken every eight hours, drinking four spoonfuls of the following julep after:

No. III. Take of Milk-water, four ounces; simple Cinnamon-water, three ounces; Paregoric elixir, and syrup of Saffron, of each half an ounce.—Mix, and make a julep.
Or,

No. IV. Take of Spermaceti, beat up with an egg, three drachms; Milk-water, four ounces; weak Cinnamon-water, three ounces; Paregoric elixir, six drachms; syrup of Diacodium, half an ounce.—Mix them together, and let the Patient take four spoonfuls every fourth or sixth hour, according to the urgency of the pain.

C H A P. X.

Of the SUPPRESSION of the LOCHIA.

AFTER delivery there is a considerable discharge of blood, and this natural evacuation is called the Child-bed Purgation or Cleanings, and by Physicians, the Lochia. At first this flux is almost pure blood, afterwards it grows paler, and lessens till the fifth, and sometimes the seventh day, when a greenish thin water only appears, which commonly ceases about the twentieth day.

As it is observed, that the Lochia or Cleanings do not flow so long in women that give suck, as in others; they ought therefore to sweat the more, because it will prevent or greatly abate the milk-fever (which generally happens about the fourth day, when the milk begins to come into the breasts); and this fever often causes a suppression of the Cleanings, and when increased, many dangerous and fatal symptoms.

AN obstruction of the Lochia is usually productive of fevers, inflammations, &c. It is always the more dangerous the longer the suppression has continued, and the sooner it supervenes upon delivery; for after the flux is somewhat abated, the symptoms attending the obstruction are not only less violent, but in general much more easily removed.

In plethoric women, or where-ever the pulse is full, bleeding ought to be performed immediately upon a suppression of the Lochia, and it is generally the more requisite the sooner the suppression has taken place. The feet, in this case, as well as in obstructions of the menses, appear to be the most suitable parts for the operation. Frictions of the lower extremities, and the application of cupping-glasses round the region of the uterus, are here likewise adviseable.

WHERE the suppression is not attended with a diarrhoea, a clyster should afterwards be ordered; but it ought to consist of emollient and emmenagogic, rather than of purgative materials, as the intention of it is chiefly to relax the uterus, and recal the discharge of the Lochia. Emmenagogic clysters have also this circumstance in their favour, that they can be used with less danger than internal medicines of that class, when a fever supervenes. The following is well adapted to the purpose.

F 2 No. I.

68 EVERY WOMAN HER OWN PHYSICIAN.

No. I. Take of Mugwort, Pennyroyal, and Rue, each half an ounce; boil in a pint of water to twelve ounces, adding two large spoonfuls of sweet Oil, and one spoonful of coarse Sugar.—Make the clyster.

No. II. Take of Spermaceti, dissolved with Egg, half a drachm; Gascoyne powder, one scruple; simple Pennyroyal-water, an ounce and a half; Saffron Wine, and syrup of Ginger, each one drachm.—Mix, and make a draught, to be taken every five hours.—Or,

No. III. Take of compound powder of Myrrh, six grains; Borax and Saffron, in powder, of each five grains; confection of Kermes, as much as will make a bolus, to be taken every six hours, drinking four spoonfuls of the following julep after each bolus:

No. IV. Take of Milk-water, six ounces; Hysterical-water, and Nutmeg-water, of each one ounce; syrup of Marsh-mallows, six drachms.—Mix, and make a julep.—Or,

No. V.

OF THE SUPPRESSION OF THE LOCHIA. 69

No. V. Take of Spermaceti, one scruple; oil of Almonds, two drachms; simple Pennyroyal-water, one ounce; simple Cinnamon-water, half an ounce; Cardamom-feed-water, one drachm; compound elixir of Myrrh, twenty drops; syrup of Marsh-mallows, two drachms.—Mix, and make a draught, to be taken every six hours.

For poor or middling people, who cannot so conveniently have any other assistance, the following Drops are excellent, not only in the present case, but likewise in a stoppage or suppression of the menses: thirty or forty drops may be taken every six hours in a draught of Pennyroyal-tea or water, or any other suitable liquor:

No. VI. Take of the compound elixir of Myrrh, half an ounce; tincture of Cardamoms, and spirit of Lavender, each two drachms.—Mix them together, and let them be taken as above directed: but in a suppression of the menses forty of these valuable and powerful drops should be taken only twice a-day.

So long as the Lochia remain obstructed, the Patient must be confined to her bed, both to prevent the access of cold air to the uterine vessels, as well as to promote a gentle regular perspiration; a circumstance produc-

tive of the greatest advantage in these disorders, as it carries off all acrimonious humours by the skin, which, if remaining in the body, might make this obstruction of the Lochia terminate in an inflammation of the womb, and death.

THE aliment ought principally to consist of the liquid and diluent kind, such as Barley-water, Caudle, Beef-tea, Almond Emulsion; and for solid food, Panada, Sago, &c. and a little Wine may be occasionally added to these, if no signs of inflammation or acute fever appear.

C H A P. XI.

Of an IMMODERATE FLUX of the LOCHIA.

THE cleansings or discharges natural to lying-in women are called the Lochia, and are known to flow in too great a quantity, or to be excessive, by a sudden loss of strength, faintings, coagulated blood flowing from the womb, pains in the lower parts of the belly, and such other symptoms as are the consequence of too profuse and unnatural evacuations.

If the flux is very large, so as to endanger the life of the Patient, some part of the Placenta, or large clots of blood, may probably remain in the womb; if this should be the case, the midwife must search for them in the

IMMODERATE FLUX OF THE LOCHIA. 77

the same manner as is already directed in the Chapter on Flooding.

THE most useful medicines in general, not only in this disorder, but also in restraining an immoderate flux of the menses, are the tincture of red Roses, Japan earth, Alum, Opium, and elixir of Vitriol.

THE following form of administering Alum mixed with Japan earth, is a very good one, as being much more agreeable to the stomach than the styptic powder recommended by the late Dr. Mead, in the Chapter on an immoderate Flux of the Menses :

No. I. Take of Japan earth, half an ounce ; roach Alum, and Cinnamon, each two drachms. —Mix, and make them into a fine powder. —The dose is from a scruple to half a drachm, or two scruples, in a small draught of red Wine and Water, tincture of red Roses, Mint-tea, &c. —Take of the above powder, half a drachm ; Milk-water, one ounce ; weak Cinnamon-water, six drachms ; syrup of Diacodium, two drachms. —Mix, and make a draught, to be taken every five or six hours. —Or,

If the flux is very large, so as to endanger the life of the Patient, some part of the Placenta, or large clots of blood, may probably remain in the womb ; in this case, the midwife must search for them in

72 EVERY WOMAN HER OWN PHYSICIAN.

No. II. Take of Alum, whey, one pint; tincture of Japan earth, and strong Cinnamon-water, each one ounce;—Mix, and make the julep, to be taken four large spoonfuls every three hours, until the discharge considerably abates; and then only to be taken once in six or eight hours.—Or,

No. III. Take of compound Bole, with Opium, half a drachm; roach Alum, three grains; aromatic spices, five grains.—Mix, and make the powder, to be taken every four or six hours in an infusion of the red Rose leaves.

If the woman is of a scorbutic habit of body, or the flux betrays any thing of a foetid smell, the Bark, with Vitriolic elixir, ought always to be given alone, or joined with these remedies.

If astringent remedies administered inwardly should not restrain the violence of the evacuation, we must have recourse to the aid of the same external applications which are proper, and found to be useful in other immoderate discharges from the womb. See Chap. VIII. on Flooding.

If there is reason to apprehend that the flux proceeds from an acrimony of the fluids, which is frequently a concomitant cause of the disorder, especially where the

Patient

Patient has not been previously subject to immoderate discharges from the uterus, the use of opiates is strongly indicated, and they ought to be administered from time to time during the course of the disorder. For though it be generally allowed that they diminish the contractile power of the solids, yet nothing more effectually restrains those discharges which proceed from local irritation; and their relaxing quality may be counteracted, by joining with them astringent and gentle cordial medicines.

THE regimen, in an immoderate flux of the Lochia, should in general be the same that is usual with women in child-bed. The Patient, however, ought not to be kept too hot, neither ought sleep to be indulged beyond such a degree, as the weakness may require.

LASTLY, The nourishment should be rather of a moderate solid consistence than too thin; for women whose strength has been greatly reduced by this or any profuse discharge, are, for a long time after their recovery from the present disorder, generally subject to oedematous swellings, and other dropical symptoms, which ought to be prevented by the various means of strengthening the habit, as well as by foods that will afford good nourishment.

CHAP. XII.

Of the MILK-FEVER.

THIS fever generally comes on three or four days after the delivery of the woman, and continues in a greater or less degree for three or four days, till the nutritious juice is thoroughly converted into milk; it goes off again about the sixth or eighth day, (having nothing malignant in its nature) with a gentle perspiration, seldom requiring any medical assistance: but as it sometimes causes either an obstruction, or at least a less discharge of the Lochia, some attention should be paid to it, by proper medicines to restore these natural cleanings to their usual standard, and, at the same time, to promote a gentle moisture on the skin by mild diaphoretics. And for this purpose the following prescriptions will have a very good effect:

No. I. Take of compound powder of Contrayerva, ten grains; Bezoardic powder, five grains; Russian Castor, four grains; Saffron, three grains; Mint-water, one ounce; Hysteric-water, half an ounce; syrup of Saffron, one drachm.—Mix, and make a draught, to be taken every six hours.—Or,

No. II.

No. II. Take of Spermaceti, one scruple, beat up with a little of the yolk of an Egg; Venice Treacle, fifteen grains; Milk-water, one ounce and three drachms; Nutmeg-water, two drachms; syrup of Saffron, one drachm. Mix, and make a draught, to be taken every four hours.

Or,

The following relaxing powder may be taken:

No. III. Take of prepared Coral, ten grains; washed diaphoretic Antimony, four grains; Cochineal, in powder, three grains. Mix, and make the powder, to be taken every six hours, with four spoonfuls of the following julep:

No. IV. Take of Pennyroyal-water, five ounces; Nutmeg-water, one ounce; Saffron-wine, half an ounce; confection of Kermes, three drachms. Mix, and make a julep, to be taken as above.

If the Patient should be a strong young woman, and the fever should run very high, with pains in the head, back, &c. and a dry burning hot skin, it may be proper to take away five or six ounces of blood; after which a sweat in a few hours generally breaks out; and if she is bound in her belly, a clyster of Milk and Sugar should be given every night as long as the fever continues.

The Patient must be persuaded to drink liberally of thin diluting liquors warm, such as Sage, Mint, Balm-tea, Barley-water, weak Mountain-whey, &c. in order to assist the action of the above remedies, in promoting and keeping up a gentle perspiration, which is of the greatest importance to the recovery of the sick.

If the breasts should be greatly swelled, hard, turgid, or inflamed, fomentations of Mallow-leaves and Milk will give great ease, and abate the inflammation; as also the common poultice of Bread and Milk, with the addition of a little oil of sweet Almonds, or the ointment of Elder flowers.—If the breasts are very hard, they should be gently rubbed two or three times a-day with the following mixture :

No. V. Take oil of sweet Almonds, two ounces; oil of Tartar, half an ounce; and best French Brandy, a large spoonful.—Mix together; and shake it well every time it is used,

C H A P. XIII.

Of a DIARRHOEA or LOOSENESS.

THIS is a common and dangerous disorder to lying in women, and frequently arises from catching a cold; by which means the cleanings are stopt; so that the acrid particles fall upon the bowels, irritate them, and produce this complaint, which is deserving of the greatest attention; as more women are carried off by this disease, than any other that affects them after delivery. At the same time it must be observed, that two or three stools may often be serviceable, especially in those who are not much weakened by the labour, or the discharges after delivery.

If the purging should be owing to acrimonious humours falling on the bowels, a small dose of Rhubarb will be extremely proper to carry off the offending matter; to which may be added five grains of aromatic Spices, which may be taken in any liquor.

If the looseness should continue after the operation of the Rhubarb, the following astringent drink and mixture will be found useful; for the common astringents must not be given too soon, as their action may be productive of a suppression of the cleanings or Lochia:

78 EVERY WOMAN HER OWN PHYSICIAN.

No. I. Take of prepared burnt Hartshorn, two ounces; Gum Arabic and Ifiglafs, of each half an ounce; Cinnamon, bruised, three drachms; boil these ingredients in two quarts of water to three pints, and to every pint add a glass of good Red Port.—This is to be used for common drink, until the purging abates.

No. II. Take of prepared Hartshorn, three drachms; Gum Arabic, in powder, two drachms; weak Cinnamon-water, six ounces; Stomach tincture, one ounce; Syrup of Clove-july flowers, six drachms.—Mix, and take four large spoonfuls after each loose stool.—Or,

No. III. If the above do not succeed, add Starch to the above mixture, leaving out the prepared Hartshorn; and to be taken as above directed.

BUT if, notwithstanding the above evacuation, &c. the looseness should still continue, recourse must be had to proper astringent, diaphoretic*, and anodyne medicines, to be taken after every loose stool.

* Diaphoretic medicines are such as procure perspiration.

Take of Cordial confection, two drachms; compound powder of Bole, with Opium, two scruples; simple Alexeterial and Mint-waters, each three ounces; Japonic tincture, six drachms; syrup of Diacodium, one ounce.—

Mix, and let the Patient take a large spoonful or two after every loose stool.

THE following Starch glyster also, if the purging proves obstinate, must be administered, together with the draught, every night and morning.

Take of thin jelly of Starch, such as the Laundresses make use of, a quarter of a pint; a large spoonful of Brandy, and forty drops of the Thebaic tincture.—Mix, and make a clyster, to be injected warm, soon after a stool, and to be kept in the body as long as possible, and occasionally repeated. Or,

Take of electuary of Scordium, one drachm; Snakeroot, five grains; Saffron, three grains; Alexeterial-water, ten drachms; simple Cinnamon-water, half an ounce; spirituous Cinnamon-water, and syrup of Diacodium, each two drachms.—Mix, and make a draught, to be taken every night and morning, during the continuance of the flux.

THE

80 EVERY WOMAN HER OWN PHYSICIAN.

THE diet in this case may be Hartshorn and Calves-foot jelly, Panada, Sago, Rice-gruel, &c. The drinks, the white drink with Cinnamon, as above, and sometimes Gum Arabic dissolved in it, a decoction of Logwood, burnt red Wine, Wine and Water, with a toast and Nutmeg, &c.

CHAP. XIV.

Of the DISEASES of the BREASTS.

THE flux of milk towards the breasts, soon after delivery, often exposes child-bed women to various disorders in these parts, arising commonly from the quantity, consistence, or other qualities of this newly secreted fluid. The most usual of such complaints are a hardness, or inflammation, with all its various consequences.

WHEN a hardness or inflammation of the breasts is produced by a super-abundant quantity of milk, the appearance of those disorders is generally limited to a fortnight or three weeks after delivery, within which time they are apt to be excited by a premature suppression of the Lochia.

Too great a flux of milk to the breasts may be usually prevented, by covering them, presently after delivery, with Diachylon plaister; or where that proves insuffi-

cient

cient for the purpose, it is common to apply a mixture of *ung. alb.* and *popul.* spread upon linen. Various other prophylactic remedies, of a cooling or astringent nature, are also recommended; such as a mixture of oil of Roses and Vinegar, used in the same manner as the former, or rags dipt in Brandy, and applied to the axilla. Diachylon plaister however, is generally found sufficient where the mother intends to be nurse herself, and the ingress of the milk is therefore not to be too much restrained.

WHEN, notwithstanding the early use of these topical applications, the flux of milk into the breasts is productive of immoderate tumefaction, we must have recourse to the method of cure consonant to a state of inflammation. If the Patient, therefore, is plethoric, the fulness of the vessels ought to be diminished, by bleeding to six or eight ounces, and to take the following laxative cooling draughts for a few days:

No. I. Take of Milk-water, one ounce and a half;

tincture of Sena, two drachms; solutive
syrup of Roses, two drachms; Magnesia
Alba, one scruple.—Mix, and make the
draught, to be taken night and morning
for a week.

THE gentle diaphoretics and diuretics which promote the thinner secretions from the blood, are here likewise very useful, by causing a derivation from the breasts, such as the following:

82 EVERY WOMAN HER OWN PHYSICIAN.

No. II. Take of Parsley-water, one ounce; Penny-royal-water, six drachms; Stomach tincture, two drachms; syrup of Marsh-mallows, one drachm; Venice Treacle, fifteen grains; sweet spirit of Nitre, thirty drops.—Mix, and make a draught, to be taken three times a-day.—Or,

No. III. Take of compound Contrayerva, ten grains; Diuretic salt, five grains; Saffron, three grains.—Mix, and make the powder, to be taken twice a-day, with four spoonfuls of the following julep:

No. IV. Take of Milk-water, five ounces; Nutmeg-water, two ounces; syrup of Marsh-mallows, six drachms; sweet spirit of Nitre, two drachms.—Mix, and make the julep.

BUT the most efficacious remedies (if no fever attends) are emollient and discutient fomentations and poultices: so that during the use of the above remedies, the following fomentation and poultice will be found of great advantage for diminishing the hardness, swelling, and other symptoms of inflammation.

No. V.

No. V. Take of Mallow leaves, Chamomile flowers, and Elder flowers, each one handful; boil in two quarts of Milk to three pints; strain and let flannels be applied hot, dipped in this fomentation, squeezed dry, and then sprinkled with camphorated spirits of Wine, and applied to the breasts five or six times, letting each flannel lay on about five minutes.

No. VI. Take of the above ingredients well bruised, two ounces; Oatmeal a handful, and boil up with Milk into a poultice; and add to each, when going to be applied, the bigness of a small Walnut of Elder flower ointment.

THE breasts ought to be fomented at least three times a-day with the above, and the emollient poultice should be kept constantly applied, and only taken off to have a fresh one renewed when the fomenting is over.

A VERY common cause of hardness in the breasts of women who give suck, is the milk becoming a grumous coagulable mass. To prevent such a disagreeable circumstance taking place, the parts ought to be kept warm; to remove or discuss such an hardness, rubbing it two or three times a-day with cold drawn Linseed oil is highly serviceable; but if it should increase or continue obstinate, the fomentation and poultice

above-mentioned will be proper, and prove very useful in removing such indolent tumours.

EXCORIATIONS and fissures of the nipples, though seldom productive of dangerous effects, are often very troublesome to women who give suck. These complaints proceed generally from a distension or rupture of the small vessels by the quantity of the milk, though they may likewise be a consequence of venereal infection, or ulcers in the mouth of the child. In the case of a simple excoriation, it is a common practice to foment it now and then with warm milk, or to apply fresh cream to the nipple, either by way of liniment or spread upon fine linen. The following application may also be used for the same intention :

No. VII. Take of ointment of Elder flowers, one ounce ; powder of Gum Tragacanth, two drachms ; Peruvian balsam, one drachm.—Make the liniment, a little of which is to be rubbed upon the sore nipple very often.

WHATEVER liniments, lotions, or external applications are used, they must always be washed off from the nipples with a little warm milk before the child is put to the breast. And if the complaints, notwithstanding these remedies are used, should not give way after some time, but be increased and aggravated by sucking, the child ought to be weaned, or put to a wet nurse, and the milk in the breasts to be discussed.

WHEN

WHEN it is judged proper to discuss the milk, on the above or any other account, the breasts, if full, ought always to be drawn before the use of any external application. Afterwards, a common expedient is to bathe them with warm brandy, and then cover them with flannel, or plasters of Diachylon. Astringent fomentations and plasters are used for the same purpose, as is likewise Honey, applied in the manner of a poultice. Repelling applications, however, ought always to be used with caution, in proportion to the degree of their stypticity; nor should they ever be too strong, too often renewed, or too long persisted in; as they might otherwise be productive of inducing inflammation or schirrosity in the breast: and for the same reason, when the secretion of the milk is not totally prevented by their use, the breasts ought now and then to be drawn by a healthy woman, to guard against the bad consequences that might arise from the stagnation of the coagulated milk.

DURING the course of repelling applications to the breasts, the woman ought to use a slender and light diet; and if the *Lochial Flux* has totally ceased, the repulsion of the milk may be much facilitated by bleeding; and the following gentle purge to be taken once in four days for three or four times, working it off with thin gruel:

B6 EVERY WOMAN HER OWN PHYSICIAN.

No. VIII. Take of infusion of Sena, two ounces ;
Rakey Manna, half an ounce ; Rochelle
Salt, three drachms ; tincture of Carda-
moms, two drachms.—Make the purge
to be taken as above directed.

CHAP. XIV.

Of ABORTION, or MISCARRIAGE.

I SHALL now close the present undertaking, as far as regards the diseases of women, by offering to that valuable Sex, a few remarks in hopes of preventing the unhappy affair of Abortion, which too often debars many good women from being the joyful parents of a happy offspring.

THE preventative method is best performed by bleeding ; gentle laxatives, if costive ; and when pains arise about the lower part of the belly, gentle anodynes occasionally when going to rest ; food of light and easy digestion ; and, which is of the utmost importance, an easy tranquil state of mind, as either sudden or violent passions of the mind, or great lowness and sinking of the spirits, are both equally destructive in preventing the Female going her full time.

If the woman is strong, and of a sanguine plethoric habit of body, bleeding to five or six ounces every five

or six weeks may sometimes be necessary and very useful; but if infirm, or of a delicate constitution, bleeding is hardly ever proper; or if it should be judged so, never above once between the third and fourth month, and by no means to exceed six ounces; as if used unnecessarily and improperly in such weak habits (as Dr. Cheyne judiciously observes), is the surest way to cause the miscarriage it is designed to prevent.

AFTER taking away some blood therefore, when necessary, an occasional gentle opening medicine may be proper, and to be repeated at any time, if bound in her belly.

No. I. Take of Mint-water, two ounces; Magnesia Alba, one scruple; Rhubarb, in powder, ten grains; solutive syrup of Roses, two drachms.—Mix, and make the purge, to be taken as above directed.

If the Patient feel an uneasy sensation round the loins, extending over the lower part of the belly; or if pains should arise in these parts, with the least shew of discharge, the following anodyne astringent draught must be used:

No. II. Take of infusion of Roses, two ounces; tincture of Japan earth, two drachms; Paregoric elixir, two drachms.—Mix, and make the draught, to be taken twice or three times a day.—Or,

No. III. Take of Bistort, in powder, ten grains; Japan earth, five grains; Alum, two grains; syrup of Diaecodium, a sufficient quantity to make the mass into one bolus; to be taken three times a-day, with a Wine-glass of the following astringent mixture:

No. IV. Take of weak Cinnamon-water, six ounces; Nutmeg-water, one ounce; Helvetius's styptic tincture, half an ounce; conffection of Kermes, half an ounce.—Mix, and make, to be taken as above directed.—Or,

No. V. Take of conserve of red Roses, one ounce; Diaecodium, three drachms; Tormen-til, two drachms and a half; Dragons blood, two drachms; aromatic Spices, one drachm; syrup of Quinces, as much as will make them into an electuary, of which the bigness of a Nutmeg should be taken three times a-day, drinking after it a glass of the under-written astringent and bracing tincture.—Or, if more agreeable, three of the following pills may be taken twice a-day, with a glass of No. VI.

No. VI.

No. VI. Take of Japan earth, two drachms; Alum, one scruple; compound powder of Bole, one drachm; oil of Cinnamon, eight drops; syrup of Diacodium, as much as is sufficient to form them into a mass, to be made into forty-eight pills.

THE ASTRINGENT AND BRACING TINCTURE.

No. VII. Take of Peruvian Bark, powdered, one ounce; Bistort-root, bruised, half an ounce; Aleppo galls, two drachms; Cinnamon, two drachms; red Wine, two pints.—Infuse them together for a week, often shaking the vessel; then strain off the vinous tincture for use.

Four large spoonfuls of the above admirable medicine may be administered after the bolusses, electuary, or pills above described, or taken alone three times a day, with fifteen drops of the mynsichts elixir of Vitriol.

BRISTOL water, with a very little red Wine, or one tea-spoonful of Japan tincture, to half a pint of the water, is, in all cases of this kind, a very proper liquor for drink, both as a preventative, and as a bracer to the relaxed parts, if the abortion should naturally take place.

BESIDES the use of some of the above-mentioned medicines, the Patient may likewise take fifteen, twenty, or twenty-five drops of the acid elixir of Vitriol every day

day an hour before and after dinner in a glass of water ; unless the said elixir should be taken along with the medicated Wine just before described. But if at any time she should be troubled with pain or anxiety, she must endeavour to compose herself by going to bed, and taking a few drops, namely, ten, fifteen, and sometimes even twenty, of the Thebaic tincture in a cup of mulled Wine, Mint-tea, or the like ; and which may be occasionally repeated upon any extraordinary fatigue, hurry, or commotion whatsoever.

THE above advice and remedies diligently attended to, and persevered in for a few weeks, will scarce ever fail of preventing a circumstance happening, which every one of my Female Readers would wish studiously to avoid; as there is no disease whatever ruins the constitution equal to repeated Abortions; so that if it has once taken place, it behoves every such woman to pay the strictest attention to what is here laid down, as the Author can say, from many years experience, that those who have adhered to the above directions, have become happy mothers of many children.



EVERY

WOMAN HER OWN PHYSICIAN.

DISEASES OF CHILDREN.

INTRODUCTION.



THE diseases of children, and every thing that may prove conducive to their having a healthy and strong constitution, are objects which have been too much neglected by

the medical tribe, and too long trusted to the ignorant and unskilful. At the same time it must be admitted, that their health and strength is of no little importance to society; their preservation is essentially necessary to the continuance of the human race, and the judicious application of remedies to their simple complaints, is susceptible of nearer approaches to perfection than is commonly supposed. Indeed, it seems greatly to have the advantage over that practice which respects adults,

as the diseases of the latter are much more complicated and intricate; whereas those of young children are more simple, and, therefore, more easily understood.

It may perhaps be said that infants cannot communicate a knowledge of their complaints, as they cannot acquaint a Practitioner with their symptoms. But though young children do not speak our language, yet they have one which we should contrive to understand; nay, every distemper may be said to have a language of its own, which an attentive person will easily learn, and which the fond mother or nurse should use their utmost endeavours to comprehend, so as to avoid and cure the few and simple disorders to which they are subject.

I PROPOSE in this part of my Work to point out the chief causes of distempers to which infants are liable, together with the most simple and best method of treatment. By pursuing this plan, I flatter myself that I shall be the happy instrument of preserving many children from the mischiefs which are too frequently done them, and which have terminated in the destruction of vast numbers. This was the sole motive of the Author when he engaged in this Work; and if it be but productive of good to the Female Sex and their offspring, his labour will be amply rewarded.

It must greatly affect every humane and tender mind to be informed, that nearly all the children who die within the first year are carried off by convulsions; but

then

then these convulsions are the consequences of other disorders, which justly demand the utmost attention and care of the mother or nurse, who are entrusted with so precious a charge as the life and health of the little innocents. Humanity obliges the Author to speak plainly upon this subject; and he is sure he shall not offend the worthy and the good, by declaring that those convulsions which carry off thousands of infants every year, are chiefly owing to the brutality and laziness of nurses, who are for ever pouring *Godfrey's Cordial* down their little throats, which is a strong opiate, and in the end is certainly as fatal as Arsenic. This they will pretend they do to quiet the child—*thus indeed many are for ever quieted*—when the negligent parents (who put their children out to nurse, because they would not be disturbed with their affecting cries) are acquainted that the little babe went off suddenly in convulsions, and all parties are perfectly satisfied. If such a conduct is not murder, I know not what is; and God grant that the Author may be so happy as to contribute towards abolishing the use of this slow poison, by the frequent exhibition of which many trifling complaints terminate in convulsions and death; or even if it should not prove so fatal in its effects, yet it ruins the tender constitution, is productive of the rickets and the worst chronic disorders, and by enervating their tender frame, checks their growth; so that many who would naturally have had strong and vigorous constitutions, when grown up are weakly, and subject ever after to various complaints.

C H A P. I.

Of CONVULSIONS in YOUNG CHILDREN.

I SHALL now proceed to shew the four chief causes of convulsions in young children, and the remedies proper to each, which are extremely simple, and, if properly and early used, will most commonly prevent such fits, by entirely removing the cause; so that no mother or nurse need ever have recourse to *that slow and sure poison Godfrey's Cordial*, or to any other violent medicine, if they will but have patience till the innocent prescriptions I shall lay down, can exert their proper effect, which they certainly will, if used soon enough in the disorder.

I. THE MECONIUM, the excrements contained in the body of the infant at the birth.

II. ACIDITIES, or sharp and four humours.

III. THE CUTTING OF THEIR TEETH.

IV. WORMS, and particularly the *ASCARIDES*.

I SHALL treat of each disorder fully in their proper place.

THE Author thinks he shall be doing an essential service to the community, by making some useful and general observations before he treats of the particular diseases.

THE diseases of infants chiefly arise from some indigestible or other matters in their stomach and bowels.— Nor is this at all surprizing, as they are in a manner poisoned with nauseous drugs and improper food on their very first entrance into life; and every substance that their weak stomachs cannot digest, may be looked upon as possessing deleterious qualities, and unless it can be thrown up by vomiting, or carried off by the bowels, must be productive of what nurses, &c. call inward fits, which often terminate in actual convulsions and death.

As such melancholy symptoms generally arise from some sharp humour, or indigestible food, &c. that irritates the first passages of young children, doubtless the most judicious method of treatment must be to expel such offending and injurious matters as soon as possible: and I can affirm, that a very long experience in the diseases of young children has convinced me, that nothing answers this purpose so effectually as evacuating such substances by administering a gentle vomit, suited to the age of the infant; and the following should be kept as a domestic remedy, as it may be proportioned to the age of the child, and never can operate too powerfully, if the mother or nurse is attentive to its effects:

OF THE DISEASES OF CHILDREN.

No. I. Take of powder of Ipecacuanha, six grains; Milk-water, one ounce; Syrup of Cloves, two drachms.—Mix, and make the vomiting mixture, to be taken one or two tea-spoonfuls (one, if the child's age is within three months; two, if turned of three months, and so in proportion afterwards) every half hour till it operates; the operation will be very gentle, and is followed by refreshing sleep; and thus very many infants may be easily restored to health.—Or,

THE following vomiting mixture may be administered with equal advantage, and should always be used in a few hours, if the other does not operate, putting the child to the breast in five minutes after taking either of these vomits; or if the infant should be brought up by hand, half a tea-cup of Milk and Water, or any other Liquor, should be given two or three times, to assist the operation of the vomit.

No II. Take of Emetic Tartar, one grain; Milk-water, made warm, three ounces; Syrup of Saffron, two drachms.—Mix, and to be given exactly as No. I.—Or,

No. II.

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No. III.

No. III. Take of Milk-water, one ounce; Antimonial Wine, twenty drops; syrup of Cloves, two drachms.—Mix, and to be administered as above. This is intended for those who are not fond of using the Emetic Tartar; it is perfectly innocent, and may be given with the greatest safety to the infant within the first week of its birth.

If it is clear that the seat of the disorder is in the bowels, then the following gentle laxative remedies will be extremely proper :

No. I. Take of Dill-water, one ounce; solutive syrup of Roses and violets of each, two drachms.—Mix, and take a paper-spoonful every three hours, till two stools are produced.—The above is intended for a young child within the month.—Or,

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No. II.

No. II. Take of Milk-water, two ounces; Syrup of Marsh-mallows, two drachms; Magnesia Alba, one scruple; powder of Rhubarb, and Galcoyne's powder, each ten grains.—Mix, and make, to take as above directed. This Recipe is proper after the first month, and should be always in readiness, not forgetting every month to increase the dose to two tablespoonfuls; or, which will be better, to increase the dose of the Magnesia and Rhubarb.

If the child should be very fat, and of a gross habit of body, the following will be more efficacious, as it will more certainly evacuate those gross humours, render the child healthy, and produce a better constitution.

No. III. Take of simple Anniseed-water, two ounces; Syrup of Buckthorn, one drachm; powder of Jalap, ten grains; Loaf-sugar, two drachms.—Mix, and make the opening mixture, to be taken a large spoonful every four hours, till two or three stools are produced.

It must be observed, that the above purging medicine is not intended for young children under three months old, as its operation is rather more severe than

No. I. or II.

OF THE DISEASES OF CHILDREN. OF CONVULSIONS IN CHILDREN. 99

THE Author requests that every good woman who loves her offspring, will keep the above remedies by her ready for use; and when disorders in the stomach or bowels arise which indicate them to be proper, that they will immediately administer them, instead of flying to Godfrey's Cordial, or any other pernicious drug, which locks up the disease, and brings on the most melancholy consequences, as he has before observed; and who out of regard to the human species, mentions once more, that no good is ever gained by lulling a child to sleep, when its cries shew that it is disordered; but in general the most dreadful consequences are produced by such a mode of conduct.

If the above gentle vomits and laxative remedies be properly given, and the child's belly and limbs be often rubbed with a warm hand, or a very soft flannel before the fire, they will seldom fail to relieve those complaints of the stomach and bowels, so peculiarly subject to their tender frame, and from which the infant race suffer so much.

THESE general observations and directions include by far the greatest part of what can be done for relieving the internal afflictions of young children: and they will also considerably alleviate many of those disorders which make their appearance on the external parts, as the *rash*, the *red gum*, the *fellon*, &c. which show themselves on the skin; as they are generally owing to too hot cloathing, or regimen, or being confined in a close warm room; and consequently will be most cer-

tainly relieved by gentle evacuations, such as No. I. II. III.

In short, gentle evacuations of one kind or another form the most essential part of the mode of treatment of the diseases incident to young children; and will seldom, if administered with judgement and attention in any of their complaints, fail to give relief, and generally perform the cure.

I SHALL proceed now to treat of the diseases of children from their birth; and show, from a very long experience, the remedies proper to be used for the disorders of infants. The *Formula* will be extremely simple, as their diseases are so, if taken at the beginning; and I can assure my Female Reader, long and confirmed practice convinces me, that two or three innocent medicines, well joined together, will frequently remove the complaints of young infants; when a *farrago* mixed up would have palled their tender stomachs, taken off their inclination for proper food, and increased, instead of removing the troublesome complaints.

To be the more certain of expelling this offending matter, they should take one ounce of compound Syrup of Roses, which should be diluted with two large spoonfuls of warm water, and give the infant a tea-spoonful every three hours. This practice is a very beneficial one, and it is to be wished that it might become general and universal, as it is greatly preferable to clogging their

CHAP. II.

Of the MECONIUM.

THE stomach and bowels of the Infant, at its entrance into the world, are filled with a blackish kind of matter of a middling consistence, and very viscid or glutinous, which is called the Meconium. It is necessary this matter should be discharged before the infant sucks, since it would otherways corrupt the milk; and, becoming extremely sharp itself, there would result from their mixture a double source of evils, to the destruction of the infant.

The evacuation of this excrement is procured, first, by giving them no milk at all for the first twenty four hours of their lives. Secondly, by making them drink during that time some water, to which a little Sugar or Honey must be added, which will dilute this Meconium, and promote the discharge of it by stool, and sometimes by vomiting.

To be the more certain of expelling this offending matter, they should take one ounce of compound syrup of Roses, which should be diluted with two large spoonfuls of warm water, and give the infant a tea-spoonful every two or three hours. This practice is a very beneficial one, and it is to be wished that it might become general and universal, as it is greatly preferable to clogging their

weak stomach and bowels with thick glutinous matters, such as Syrups and oil of Almonds mixed, which is the common practice of old women, and ought to be universally exploded.

SHOULD the great weakness of the child seem to call for nourishment, no inconvenience could arise from allowing a little biscuit powder well boiled in water, which is very commonly done; or a little very light thin Panada, made of French bread.

CHAP. III.

Of the THRUSH.

LITTLE whitish ulcers arising in the mouth, throat, &c. sometimes spreading down the whole canal to the stomach and bowels, are called the Thrush; in which case it becomes a very dangerous complaint, and is a disease that very often proves fatal to young children.

If the aphthæ are of a pale colour, pellucid, few in number, soft, superficial, and fall easily off, they are not dangerous; but if opaque, yellow, brown, black, thick, or running together, they are bad.

It is generally thought that the aphthæ owe their origin to acid humours generated in the first passages; we have reason however to believe they
are

are more frequently owing to too hot a regimen both of the mother and child. It is a rare thing to find a child who is not doled with Wine, Punch, Cinnamon-waters, or some other hot and inflaming liquors, almost as soon as it is born. It is well known that these will occasion inflammatory disorders even in adults; is it any wonder then that they should heat and inflame the tender bodies of infants, and set, as it were, the whole constitution in a blaze?

THOUGH this disorder seems, in general, to owe its origin to acid humours, the cure should be effected at first by the testaceous and absorbent medicines, and afterwards by gentle laxatives, as Rhubarb, Manna, Magnesia, &c. If a feverish heat attends the Thrush, the following may be given:

No. I. Take of prepared Pearl, one drachm; purified Nitre, one grain; Milk-water, three ounces; syrup of Elder, three drachms.—Make the mixture, and take a pap-spoonful every four hours.

As children are apt to swallow whatever is put into their mouths, no benefit, therefore, can be expected from gargles; but if the ulcers should spread or enlarge themselves, we should touch them with one or other of the following mixtures, by means of lint or a soft rag tied to the end of a probe, &c.

No. II. Take of Honey of Roses, one ounce; tincture of Myrrh, one drachm; spirit of Vitriol, ten drops.—Mix, for use.

Or,
Atmenian Bole, two scruples; Egyptian Honey, two scruples.—Mix, and

No. III. Take of Virgin's Honey, one ounce; Borax and burnt Alum, both in fine powder, of each one scruple.—Mix, and make for use.

If the ulcers should spread very fast, no time must be lost; but the following internal medicine should be used to make them put on a better appearance, and save the life of the tender infant.

No. IV. Take of strong decoction of Bark, three drachms; Raleigh's Confection, five grains; syrup of Saffron, half a drachm; tincture of Virginia Snake-root, five drops.—Mix, and make the draught, to be taken every three hours, or oftener, if the ulcers should suddenly turn of a

brown or blackish appearance.

For external use. No. II. Take of Honey, one ounce.

No. V. Take of Syrup of Mulberries, one ounce ;
Armenian Bole, two drachms ; Egyptian
Honey, two scruples.—Mix, and
touch the ulcerated parts, as above, every
half hour, until the ulcers put on a bet-
ter appearance ; then to be discontinued,
and No. II. or III. to be used in its
room.

CHAP. IV.

Of ACIDITIES, or SHARP HUMOURS.

THE milk, or other foods of young children, very
often turn sour on their weak stomachs, produc-
ing vomiting, purging ; and if the acid humour is not
soon corrected or carried off, these symptoms bring on
convulsions, and sometimes terminate in the death of
the child.

WHEN green stools, gripes, purgings, four smells,
&c. shew that the bowels abound with acid, his food
should be immediately changed to small broth, with
common rusks boiled to a proper consistence ; and the
child should be exercised as much as its time of life
will allow, in order to promote digestion. The follow-
ing remedies may be used in the beginning of the com-
plaint with the greatest certainty of success.

No. I.

106 OF THE DISEASES OF CHILDREN.

No. I. Take of Magnesia, five grains; powder of Rhubarb, one grain; oil of Anniseed, one drop.—Mix, and make the powder, to be taken every four hours, with a pap-spoonful of the following mixture:

No. II. Take of Dill-water, two ounces; syrup of Cloves, one drachm; Raleigh's Confection, ten grains.—Mix, and take with the powders, as above directed.—
Or,

No. III. Take of prepared Pearl, one drachm; Rhubarb, ten grains; Milk-water, two ounces; syrup of Saffron, two drachms.—Mix, and let the child take a pap-spoonful every three hours.

When you have thus cleared the bowels of the offending matter, the following must be used to correct the acescency, and so to cure the disorder:

No. IV. Take of prepared Crabs-eyes, six grains; Cochineal, in fine powder, one grain.—Mix, and make the powder, to be taken every three hours, with one pap-spoonful of the following:

No. V.

OF ACIDITIES, OR SHARP HUMOURS. 369

No. V. Take of Dill-water, two ounces; Syrup of Ginger, one drachm; Diafcordium, ten grains.—Make, to be used with the powders, as above.

No. VI. Take of prepared burnt Hartshorn, one drachm; compound powder of Bile, ten grains; Mint-water, two ounces; Syrup of Diacodium, one drachm.—Make the mixture, to be taken a paper-spoonful every two or three hours.

WHEN the complaint is very slight, and just coming on, the best medicine in all cases of acidity, is that fine insipid powder, called Magnesia Alba. It purges, and, at the same time, corrects the acidity; by which means it not only removes the disease, but carries off its cause. It may be given in any kind of food, from ten grains to a tea-spoonful, according to the age of the Patient. I have often known it answer very well, when given in the following manner:

Take of Magnesia Alba, two drachms; fine Rhubarb, in powder, half a drachm; Peppermint-water, and common Water, of each two ounces, as much Syrup of Sugar as will make it agreeable.—Shake the bottle, and give the child a table-spoonful three or four times a-day.

WHEN

WHEN an infant is troubled with gripes, it ought not at first to be dosed with Brandy, Spices, and other hot things, but should have its body opened with an emollient clyster, or the medicine mentioned above; and at the same time a little Brandy may be rubbed on its belly, with a warm hand before the fire. I have seldom seen this fail to ease such affections of the bowels of infants.

CHAPTER V.

OF CONVULSIONS.

I HAVE already said that the convulsions of children are almost constantly the effect of some other disease, and especially of some of the four I have mentioned.

Some other, though less frequent causes, sometimes occasion them, and these may be reduced to the following:

THE first of them is the corrupted humours, that often abound in their stomachs and intestines; and which, by their irritation, produce irregular motions throughout the whole system of the nerves, or at least through some parts of them; whence these convulsions arise, which are merely involuntary motions of the muscles. These putrid humours are the consequence of too great a load of aliments, of unseasoned ones, or of such as the stomachs of children are incapable of digesting. These humours are also sometimes the effect

of a mixture and confusion of different aliments, and of a bad distribution of their nourishment.

It may be known that the convulsions of a child are owing to this cause, by the circumstances that have preceded them; by a disgusted loathing stomach; by a certain heaviness and load at it; by a foul tongue; a bad complexion, and disturbed sleep.

THE second cause is the bad quality of the milk, whether natural or accidental, as it may be changed into an improper food from violent passion, great fright, or any other sudden and great affection of the mind; or from the mother using improper food, vinous or spirituous liquors, &c.; or from her monthly courses unexpectedly appearing; or if affected with any acute disease: in all these cases, the milk is so much vitiated as to endanger the life of the child.

THE grand remedy for this cause of convulsions is to let the child abstain altogether from this corrupted milk, or at least until the mother, &c. shall have recovered her health and tranquility; and to give the child two or three times a little Magnesia and Rhubarb.

A THIRD cause, which also produces convulsions, is the feverish disorder which attacks children before the coming out of the small-pox and measles; but, in general, such fits require no other treatment, but that proper for the distemper which has introduced them.

THE

OF THE DISEASES OF CHILDREN.

THE other causes (except worms) I have already fully treated of.

THERE is a very great difference in different children, in respect to their being more or less liable to convulsions. There are some, in whom very strong and irritating causes cannot excite them; not even excruciating gripes and colics; the most painful cutting of their teeth, violent fevers, the small-pox, measles, &c.; and though they are, as it were, continually corroded by worms, they have not the slightest tendency to be convulsed. On the other hand, some are so very obnoxious to convulsions, or so easily *convulsible*, if that expression may be allowed, that they are very often seized with them from such very slight causes, that the most attentive consideration cannot investigate them. This sort of constitution, which is extremely dangerous, and exposes the unhappy subject of it either to a very speedy death, or to a very low and languid state of health, requires some peculiar considerations; the detail of which would be the more foreign to the design of this treatise, as they are pretty common in cities, but much less so in country places. In general, cold bathing and gentle laxatives are serviceable in such circumstances.

IF worms should be the cause of such convulsions, the remedies proper to be used, as well as the symptoms, &c. will be shewn hereafter.

CHAP. VI.

OF VOMITING.

FROM the weakness of the tender frame of young children, and particularly of the stomach and bowels, a vomiting or looseness may be induced by any thing that irritates those passages. Hence such complaints much more frequently affect infants than adults. These disorders are seldom dangerous, and, indeed, ought not to be attended to, unless they should become violent, or continue so long as greatly to weaken and reduce the constitution.

As this complaint is often occasioned by using too much food, the stomach should be cleared of its contents, which will be best done by a very gentle Emetic, such as the following :

No. I. Take of Ipecacoanha, ten grains ; Mint-water, one ounce ; syrup of Sugar, two drachms.—Mix, and give the child a tea-spoonful every quarter of an hour, till two or three vomitings are produced by its operation.—Or, the child may drink freely of warm Water, or of a weak infusion of Chamomile flowers.

No. II.

172 OF THE DISEASES OF CHILDREN.

No. II. Take of Mint-water, two ounces, Stomach tincture, and syrup of Diacodium, of each two drachms; Raleigh's Confection, ten grains.—Mix, and give the child after the operation of the vomit (if under three months old) a tea-spoonful every two hours; if it exceeds that age, a paper-spoonful as often.

If the complaint has continued two or three days, and indicates great danger, I have used the following with the greatest success:

No. III. Take of decoction of Bark, two ounces, syrup of Diacodium, two drachms.—Mix, and let the child take as above directed.

In long continued and obstinate vomitings, the good effects of internal medicines may be greatly assisted by external applications to the region of the stomach; as by aromatic fomentations; a flannel dipped in warm Brandy, and applied over the stomach; or flannels dipped in a strong decoction of Poppy-heads, and applied several times in a day, has succeeded, in my own practice, when every thing has failed, and saved many young children, who were in the greatest danger.

STOMACH and warm plasters applied all over the belly, have frequently been found very efficacious; but they should be always renewed every third or fourth day at farthest.

C H A P.

No. II. Take of Mint-water, two ounces, Stomach

The brandy and syrup of Discharging, for

each child, a drachm, and give the child after

for this purpose. — And give the child after

the operation of the vomit, if it under

be given as the child is a tea-spoonful every

I SHALL make two or three observations before I enter into this disease, as by the purgings of children being too hastily stopped by Godfrey's Cordial, &c. thousands, and I believe may venture to say tens of thousands, of infants have been destroyed.

1st. A PURGING or looseness may, in general, prove salutary, when the stools smell sour, or putrid, or green, or curdled appearance.

2d. A PURGING of thin and watery stools is not to be immediately checked, as it sometimes proves critical, especially when the child has had a little fever hanging about it for a few days before, or when any of the eruptions peculiar to children have suddenly disappeared.

3d. A PURGING sometimes arises when the atmosphere is become suddenly humid; at which time a quantity of the moist air is absorbed (the pores of young children being very large). This irritates their tender bowels, and a looseness ensues; so that the evacuation carries off these watery humours, which would otherwise have remained in the habit, greatly relaxed their tender frame, and been productive of much worse disorders.

CHAP

I

THE

114 OF THE DISEASES OF CHILDREN.

THE grand intention in the cure of the purgings that affect children, is to evacuate the offending matter: for this purpose, the vomiting mixture prescribed in the last Chapter will be the most proper, and which is to be given as there directed, and should be repeated every four or five days. If the complaint should continue.

AFTER the operation of the vomit, the following are to be used:

No. I. Take of prepared Crabs-eyes, six grains; powder of Rhubarb, two grains; toasted Nutmeg, one grain.—Make, and one of these powders to be taken every four hours, with a pap-spoonful of the following mixture:

No. II. Take of Milk-water, one ounce; weak Cinnamon-water, six drachms; syrup of Saffron, two drachms.—Mix, and take as above directed.

If the purging does not diminish in twenty hours after the use of the vomiting mixture and No. II. then we must have recourse to gentle astringents, such as the following:

No. III.

No. IV.

OF THE DISEASES OF CHILDREN. OF A LOOSENESS.

No. III. Take of prepared burnt Hartshorn, one drachm; powder of Gum Arabic, one scruple; weak Cinnamon, and Mint-water, of each one ounce; tincture of Japan earth, thirty drops.—Mix, and let the child take a pap-spoonful after every

loose stool.—Or, AFTER the operation of the vomit, the following are

No. IV. Take of Milk-water, three drachms; syrup of Saffron, one drachm; compound powder of Bole, without Opium, five grains.—Mix, and make the draughts, to be taken one every six hours.

If the purging should continue, notwithstanding the use of the above remedies, then it will be prudent to have recourse to the more powerful astringents.

No. V. Take of the species of Diaecordium, without Opium, five grains; aromatic Species, two grains; Saffron, in powder, one grain.—Make, the powder to be taken every three hours, with a pap-spoonful of the following mixture.

OF THE DISEASES OF CHILDREN.

No. VI. Take of decoction of Logwood, two ounces; tincture of Japan earth, and syrup of Diacodium, of each two drachms.—Mix, and let the child take it as above directed, with the powders, and also the same quantity after every loose stool.

In purgings that run out long, the above remedies may be greatly assisted by external applications to the region of the bowels, such as astringent and anodyne fomentations. The Author has repeatedly seen the following restore children that have been almost in the agonies of death; and he hopes, as long experience confirms the utility of it, that it will be much attended to:

No. VII. Take of Poppy-heads, bruised, two ounces; Galls, one ounce; Bistort-root, and Cinnamon, of each six drachms; boil in two quarts of Water to one quart, then add of the oldest Red Port half a pint.

FLANNELS dipped in the above liquor made warm, are to be applied several times a-day; and if its good effects should not be immediate in checking the purging, yet by its anodyne quality it comforts the bowels, produces refreshing sleep, as well as a discharge of the acrimonious matters by perspiration; and thus in the end prevents convulsions and death.

I SHALL conclude this Chapter by making an observation or two upon a very erroneous custom; and as the mischief is done to the stomach and bowels, it undoubtedly may come in here.

1st. Midwives and nurses, whenever a child is affected with little gripings or pain in their bowels, advise oils of various kinds to relieve such uneasinesses: this is a very injurious mode of proceeding, and often attended with the worst mischiefs. It may be said that oil of Almonds sometimes gives relief; but it only proves a palliative remedy, and renders the complaint worse—as from the heat of the stomach it becomes rancid, and frequently proves a cause of the gripes, which it was intended to remove; so that the more oil the infant takes, the more it is disordered.

2^d. An open belly is generally salutary to children; now oil very often binds them, as it diminishes the force and action of the intestines. This effect must have been observed frequently; notwithstanding which it is still given to obtain the very reverse state of the bowels; and if the first quantity taken does not act as a laxative, then the dose is doubled—and thus its bad effects are increased. But such is the power of prejudice in this, as well as in many other cases, that when people (and especially obstinate old women) are strongly prepossessed with a notion that such a medicine must produce such an effect, its never having produced it avails nothing with them; their prejudices still pre-

will—and unhappily for mankind such erroneous and absurd opinions are not easily surmounted.

3^dly. ANOTHER very erroneous and fatal practice is, that many women, and, I am sorry to say it, some Practitioners (who do not understand the history of diseases), upon the first appearance of a looseness fly immediately to the use of astringents. If these be administered (as I observed at the beginning of this Chapter) before the acrid humours or other causes of the disorder are discharged, tho' the disease may appear to abate, it very soon returns with greater violence, and often proves fatal.

After proper evacuations, however, they may be used with great advantage, so as to remove this troublesome and common complaint among children; and if treated in the manner here laid down, will hardly ever prove difficult of cure, and hardly one child in ten thousand will be carried off—whereas by the common mode of treatment vast numbers are destroyed.

No. II. Take of Milk-worms two ounces; Syrup of

CHAP. VIII.

two drachms; the spirit of Mindervine,

Of FEBERS.

THE principal indication with regard to the cure of the fevers of infants, is the correction of the acidity, or other matters in the bowels, by which means they may be more effectually disordered. This is most likely to be done by absorbents and gentle evacuants,

such

such as the testacea, &c. as mentioned before on that subject.
 absurd opinions are not easily relinquished.

If the fever should be owing to the cutting of the teeth, worms, or any other evident cause, the only way to lessen or remove the fever, is to try the proper methods adapted to those disorders; the fever being only a secondary affection of the system, and the method of cure must be directed to the primary cause.

THE following remedies may be administered with the greatest safety to a child from three months to two years old:

No. I. Take of prepared Crabs-eyes, ten grains; purified Nitre, three grains; Cochineal, in fine powder, one grain.—Make the powder, to be taken every six hours, with a pap-spoonful of the following mixture:

No. II. Take of Milk-water, two ounces; syrup of Saffron, and Nutmeg-water, of each two drachms; the spirit of Mindererus, one drachm.—Make, and to be taken as above directed.—Or,

THE principal indication with regard to the cure of the fevers of infants, is the correction of the acidity, or other matters in the bowels, by which means they may be more effectually disordered. This is most to be done by absorbents and gentle evacuates.

No. IV. Take of the saline mixture, six drachms; Syrup of Saffron, one drachm; Bezoardic powder, five grains.—Mix, and make the draught, to be taken every six hours.—Or,

No. V. Take of Mint-water, two ounces; purified Nitre and compound Contrayerva powder, of each twelve grains.—Mix, and make, to be taken one large spoonful every four hours.

If the child should be very much reduced, and great symptoms of weakness should appear, it would be proper to give the following cordial medicines:

No. V. Take of Camphor, in the finest powder, one grain; Saffron, two grains; Cochineal, one grain.—Mix, and make the powder, to be taken every six hours, with a pap-spoonful of the following mixture:

No. VI. Take of Milk-water, two ounces; Syrup of Saffron, and Nutmeg-water, of each one drachm; Raleigh's Confection, ten grains.—Mix, and make, to be taken as above directed.—Or,

No. VII. Take of Camphire julep, half an ounce; Stomach tincture, and Syrup of Saffron, of each one drachm.—Mix, and make the draught, to be taken every four hours.

If the child should be costive, the following will be proper for the first two or three days, but if the fever should continue longer, laxative clysters will be preferable:

No. VIII. Take of Dill-water, two ounces; Magnesia, one scruple; Rhubarb, ten grains; Syrup of Roses, two drachms.—Mix, and make, to be taken a spoonful every three hours, till one or two stools are procured.

THE Author thinks proper to remark, that the doses of the above remedies are adapted to a young infant as far as three months old; but if above that age, the doses must be managed accordingly.

As fevers carry off many children, if the symptoms do not abate by the use of the above prescriptions within two or three days, it will be most prudent to call in proper assistance, as the disease every-now-and-then proves fatal in a very short time.

WHEN the fever is greatly abated, or quite carried off, two or three doses of very gentle purgatives, administered every third day, will be extremely proper; for if there remains in their tender constitution any of the febrile matter, the fever will be very likely to return.

No. IX.

moars. These must either break out in form of eruptions upon the skin, or remain in the body, and occasion fevers or other internal disorders. That neglect of cleanliness is a very general cause of eruptive disorders, must be obvious to every one. The children of the poor, and of all who despise cleanliness, are almost constantly found to swarm with vermin, and are generally covered with the scab, itch, and other eruptions.

WHEN eruptions are the effect of improper food, or want of cleanliness, a proper attention to these alone will generally be sufficient to remove them. If this should not be the case, some drying medicines will be necessary. When they are applied, the body ought at the same time to be kept open, and cold is carefully to be avoided. We know no medicine that is more safe for drying up cutaneous eruptions than Sulphur, provided it be sparingly used. A little of the flowers of Sulphur may be mixed with fresh Butter, Oil, or Hog's-lard, and the parts affected frequently touched with it.

THE most obstinate of all the eruptions incident to children are, the *tinea capitis*, or scabbed head, and chilblains. This eruption is often exceeding difficult to cure; and sometimes, indeed, the cure proves worse than the disease. I have frequently known children seized with internal disorders, of which they died soon after their heads had been healed by drying applications. The cure should always be first attempted by keeping the head clean, cutting off the hair, and brushing away the scabs, and then the head to be washed with Lime-

water :

water: if this plan don't succeed, a pitch-plaster may be applied. If there should be a considerable discharge from the head, and the child of a gross habit, an issue should be made in the arm, which must be kept open for several months after the head is healed.

CHILBLAINS commonly attack children in cold weather. They are generally occasioned by the feet or hands being kept long wet or cold, and afterwards suddenly heated. When children are cold, instead of taking exercise to warm themselves gradually, they run to the fire. This occasions a sudden rarefaction of the humours, and an infarction of the vessels; which being often repeated, the vessels are, at last, over-distended, and forced to give way.

To prevent it, violent cold and sudden heat must be equally avoided. When the parts begin to look red and swell, the Patient ought to be purged, and to have the affected parts frequently rubbed with Mustard and Brandy, or something of a warming nature. They ought likewise to be covered with flannel, and kept warm and dry. Some apply warm ashes betwixt cloths to the swelled parts, which frequently help to reduce them. When there is a sore, it must be dressed with Turner's Cerate, the ointment of Tutty, the plaster of Ceruss, or some other drying ointment. These sores are indeed troublesome, but seldom dangerous. They generally heal as soon as the warm weather sets in.

OF THE ITCH.

CHAP. X.

Of the Itch.

THE Itch is a very common complaint among the children of the poor, in particular, and sometimes young children of those of better rank get this disagreeable disorder; so that I thought it proper to make a few general remarks on it, as well as to give examples of some prescriptions which I have always found efficacious.

THE learned Dr. Mead says, "The Itch may justly be called an animated disease, as owing its origin to small animals. For there are certain insects, so very small as hardly to be seen without the assistance of a microscope, which deposit their eggs in the furrows of the cuticle, as in proper nests; where, by the warmth of the place, they are hatched in a short time; and the young ones, coming to full growth, penetrate into the very cutis with their sharp heads, and gnaw and tear the fibres. Their bitings cause an intolerable itching, which brings on a necessity of scratching, whereby the part is torn, and emits a thin humour, which concretes into hard scabs; while the little worms, constantly burrowing under the cuticle, and laying their eggs in different places, spread the disease.

"HENCE

106 OF THE DISEASES OF CHILDREN.

the reason manifestly appears, why the disease is communicated by the linen, wearing-apparel, gloves, &c. which were used by infected persons. For the eggs, which had stuck to soft substances of this kind, are rubbed into the furrows of the cuticle, and are there hatched and nourished."

No. I. Take of ointment of white Elder, one ounce; washed flowers of Sulphur, half an ounce; essence of Lemons, five drops.

—Make the ointment, to be rubbed upon the parts affected night and morning.—Or,

No. II. Take of Pomatum, two ounces; Hellebore powder and Sulphur, of each two drachms; oil of Lavender, five drops.

If a wash should be more agreeable,

No. III. Take of Lime-water, half a pint; washed flowers of Sulphur, half an ounce; Lavender-water, two ounces.—Make the lotion, to be used with a sponge twice a day.—Or,

No. IV. Take of Rose-water, six ounces; oil of Tartar, two ounces; tincture of Hellebore, one ounce.—Make the lotion, to be used as above directed.

OF THE ITCH

The above formula will generally cure this disagreeable disorder; yet as in some particular obstinate cases they do not succeed, I shall insert a few others, which I would never wish to be used, unless it is a strong child of a very gross habit, and turned of two years of age.

No. V. Take of the weak blue ointment of the Shops, one ounce; powder of Hellebore, one drachm.—Mix together, and use as above directed.—Or,

No. VI. Take of Distilled-water, half a pint; Gum Arabic, half an ounce; Chalomel six times sublimed, two drachms.—Make the lotion, to be used as above.—Or,

No. VII. Take of Lime-water, six ounces; Hungary-water, two ounces; white Precipitate, two drachms.—Mix for use.—Or,

No. VIII. Take of Pomatum, one ounce; crude Sulphur, in powder, two drachms; salt of Tartar, one drachm.—Make the ointment, to be used as above directed.

If it should prove a very troublesome and obstinate cutaneous affection, then internal remedies must be used.

No. IX.

No. IX. Take of Æthiops mineral, five grains; Rhubarb, one grain.—Make the powders, to be taken night and morning for a month in a tea-spoonful of Honey, Treacle, &c.

No. X. Take of alkalized Mercury, fix grains; milk of Sulphur, four grains; aromatic Species, one grain.—Mix, and make the powders, to be taken as above.

AFTER the Itch is entirely removed from the skin, three or four purgatives must be given, one every other, third, or fourth day, according to their operation.

No. XI. Take of compound powder of Scammony, three grains; compound powder of Sena, two grains; Rhubarb, two grains.—Mix, and make the powder, to be taken at night, and to be worked off the next morning with the following purge:

No. XII. Take of infusion of Sena, six drachms; Solutive syrup of Roses, two drachms.—Make, to be taken as above directed.

It is here extremely proper to observe, that all compositions wherein Mercury is an ingredient, are to be used with the greatest care and prudence; it being very injurious to the nervous system, as it is frequently productive of the worst diseases; and, therefore, I have given

given a great variety of prescriptions, which, if judiciously applied, will seldom or never fail curing a common Itch, as I have long and often experienced.

CHAP. XI.

GALLING and EXCORIATION.

THESE are very troublesome to children. They happen chiefly about the groin and wrinkles of the neck, under the arms, behind the ears, and in other parts that are moistened by the sweat or urine.

As these complaints are, in a great measure, owing to want of cleanliness, the most effectual means of preventing them are, to wash the parts frequently with cold water, to change the linen often, and, in a word, to keep the child, in all respects, thoroughly clean. When this is not sufficient, the excoriated parts may be sprinkled with absorbent or drying powders; as burnt Hartsorn, Tutty, Chalk, Crabs-claws prepared, and the like. When the parts affected are very sore, and tend to a real ulceration, it will be proper to add a little Sugar of Lead to the powders; or to anoint the place with the camphorated ointment. If the parts be washed with spring water, in which a little white Vitriol has been dissolved, it will dry and heal them very powerfully. One of the best applications for this purpose, is to dis-

olve some Fuller's Earth in a sufficient quantity of hot water; and after it has stood till it is cold, to rub it gently upon the galled parts once or twice a-day.

CHAPTER XII.

OF TEETHING.

NO complaints that affect young children produce more troublesome and often fatal symptoms than the breeding of the teeth; so that the ingenious Dr. Arbuthnot says, "a tenth part of infants die in teething, by symptoms proceeding from the irritation of the tender nervous parts of the jaws, occasioning inflammations, fevers, convulsions, looseness with green stools, and even in some gross habits of body, gangrenes."

CHILDREN, about the time of teething (which generally happens from the fifth to the eighth month) flaver greatly, and have generally a slight purging, startings in their sleep, swelling of the gums, more or less of a feverish heat, &c.

WHEN the tooth is ready to cut, the upper part should be rubbed with a hard substance, which infants by a natural instinct affect; and when there is a manifest inflammation and swelling of the gum by the tooth, then it ought to be lanced; but it is to be remembered,

membered, that this operation (trifling in itself as it is) ought never to be performed too early, as the wound would heal before the tooth shoots out, and then a hard cicatrix is formed.

THERE are many people so extremely absurd, as to suppose that every symptom arising from teething, requires one and the same method of treatment; but my long practice in the diseases of young children confirms me in a very different way of thinking; and for that reason I shall here set down various remedies to be used, as the symptoms may indicate.

First, If no purging, a clyster, or some gentle opening medicine should be occasionally premised, such as the following:

No. I. Take of Magnesia, six grains; Rhubarb, in powder, and Nutmeg, of each two grains.—Mix, and make the powder, to be given in a tea-spoonful of solutive syrup of Roses every morning for a week or more.

No. II. Take of Milk-water, two ounces; prepared Egg-shells, two scruples; syrup of Saffron, two drachms.—Mix, make, one large spoonful to be taken every six hours.

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No. III.

OF THE DISEASES OF CHILDREN.

No. III. Take of prepared Oyſter-shell, and Magnesia Alba, of each four grains; Cochineal, one grain.—Mix, and make the powder, to be taken every four or six hours, with one spoonful of the following mixture :

No. IV. Take of black Cherry-water, two ounces; syrup of Saffron, two drachms; spirits of Lavender, fifteen drops.—Mix, and make, to be taken as above.

A DISCREET and cautious use of the following absorbent narcotic mixture may now and then be allowed, especially when the pain, great restlessness, fever, and other symptoms threaten convulsions, or immediate danger :

No. V. Take of prepared Pearl, one drachm; purified Nitre, one scruple; Milk-water, two ounces and a half; syrup of Diacodium, two drachms.—Mix, and make the mixture, one large spoonful to be taken every four or six hours.

It is very common in Scotland, when children are about their teeth, to apply a small Burgundy-pitch plaster between their shoulders; and it is said, with great confidence, to ease the tickling cough which attends teething. They advise it to be kept on during the whole of dentition, and to be renewed once a week.

No. VI.

No. VI. Take of prepared red Coral, three drachms;
Virgin's Honey and syrup of Quinces, of
each two drachms; Thebaic tincture,
ten drops.—Mix, and make the denti-
frice, to rub the swelled or inflamed gums
several times a-day, and which will ge-
nerally give great ease to the suffering in-
fant.

If the fever be very high, bleeding may be necessary;
but the lancet ought to be used with great caution and
judgment; it being an evacuation which children bear
the worst of any. Purging, vomiting, or sweating, agree
much better with their time of life, and are commonly
more useful in removing their complaints; however, if
the symptoms of inflammation indicate its use, the Au-
thor advises only one Leech to be applied behind the
ear, and the bleeding to be stopped with flour, &c. as
soon as it falls off; the loss of blood will be tri-
fing, and repeated experience has confirmed him
that so small a quantity taken away has frequently
abated the fever, &c. and proved very beneficial.

It is very common in Scotland, when children are
about their teeth, to apply a small Burgundy-pitch plaster
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ing. They advise it to be kept on during the whole
time of dentition, and to be renewed once a-week.

134 OF THE DISEASES OF CHILDREN.

It will be advisable, in order to render the teething less difficult, that the food of young children be light and wholesome, and that their constitutions be rendered as strong as possible by cleanliness, exercise in the free air, and cold bathing, &c. Were these essential points paid a due attention to by mothers and nurses, the Author is convinced that not one child in five hundred would die of teething.

CHAP. XIII.

OF WORMS.

THERE are great varieties of symptoms which dispose people to think a child has worms; though there is only one that demonstrates it, which is discharging them upwards or downwards. There is a great difference among children too in this respect; some remaining healthy, though having several worms; and others being greatly disordered with a few.

THE symptoms which make it probable that children are troubled with worms, are, a disagreeable smell of their breath, constantly picking or rubbing their nose, a voracious appetite, stools of slimy indigested matter, a hard belly, with a pale aspect and wasting of the body. There are many other symptoms attend this complaint; but the above are sufficient to indicate what the disorder is.

THE cure is to be begun with exhibiting three or four purgatives, so as to clear the bowels thoroughly of the foul matter generated.

No. I. Take of powder of Rhubarb and Jalap each, four grains; powdered Sugar, ten grains.

—Mix, and make the powder, to be taken every other day in any liquor.

No. II. Take of Worm-seed, finely powdered, five grains; powder of Chamomile, two grains; Rhubarb, one grain.—Mix, and make the powder, to be taken night and morning for a month, in Treacle or Honey.—Or,

No. III. Take of India Pearl, six grains; powder of Gentian, two grains.—Make the powder, to be taken as above.—Or,

No. IV. Take of milk of Sulphur, six drachms; Worm-seed, in powder, two drachms; Virgin's Honey, two ounces.—Mix, and make the electuary, half a tea-spoonful to be taken night and morning.—Or,

No. V. Take of Æthiops mineral, five grains; Rhubarb, one grain.—Mix, and make the powders, to be taken as above directed.—Or,

No. VI. Take of powdered Tin, one ounce; Treacle, three ounces.—Make the electuary, to be taken as above directed.

THE preceding prescriptions are adapted to a child of one year old, as well as to a child of three years.

A PLASTER of Aloes spread on leather, and applied over the belly, has, in a very unexpected manner, made children void vast numbers of worms, and now and then freed them from the complaint.

WHEN there is every reason to suppose that the worms are destroyed, yet in a very short time they will be again generated; so that those children who are very subject to this disease, should take the powder, No. I. once a-week for a considerable time, increasing the dose of the ingredients according to the age of the child; and after taking the above vermifuge the time proper, three or four doses of physic will be useful to carry off any slimy matter that may have remained in the bowels.

No. VII. Take of infusion of Sena, one ounce; tincture of Jalap, from twenty to sixty drops.—Mix, and make the purge, to be taken every other, or every third day.

C H A P. XIV.

Of the HOOPING-COUGH.

THE whooping, convulsive, or chin-cough, according to the late ingenious Doctor Burton, is a disease which rarely affects adults, and seldom ever infants, but when it is become epidemical.

It is caused by the lungs being loaded with thick viscid phlegm, when a very violent and long continued cough is excited to promote its expulsion; and if it is so glutinous that it cannot be easily expectorated, the cough strains the children to such a degree, as sometimes to throw them into convulsions, or rupture a blood-vessel of the lungs, which now and then proves fatal.

[The indications of cure are, first, to evacuate, attenuate, and dissolve the viscid phlegm; and, secondly, to strengthen the constitution to prevent any return of the disease.

The following vomit should be given once a-week:

No. I. Take of Milk-water, half an ounce; Oxy-mel of Squills, twenty drops; Ipecacanha powder, four grains; powdered Sugar, half a drachm.—Mix, and make for use.—Or,

No. II.

238 OF THE DISEASES OF CHILDREN.

No. II. Take of Mint-water and Ipecacoanha Wine, of each, two drachms.—Make the vomit, to be taken as above directed.

No. III. Take of powdered Millepedes, ten grains; Cochineal, one grain.—Make the powders, to be taken night and morning, with one large spoonful of the following emulsion :

No. IV. Take of Spermaceti, one drachm; yolk of Egg, a sufficient quantity; Hylop-water, three ounces; Syrup of Marsh-mallows, three drachms; Paregoric elixir, forty drops.—Mix, and make, to be taken as above; and also a spoonful three or four times a-day.

If the child should be in great danger from the violent fits of coughing, I would recommend the following :

No. V. Take of Musk, ten grains; Loaf-sugar, one drachm; Pennyroyal-water, three ounces; syrup of Diacodium, two drachms.—Mix, and let the child take a large spoonful three times a-day.—Or,

No. VI.

OF THE HOOPING-COUGH. 8139

No. VI. Take of Russian Castor, five grains; Salt of Amber, one grain.—Mix, and make the powders, to be taken twice or three times a-day in a spoonful of the above emulsion.

THE above remedies must be continued for a very long time, as it is a disease that medicines act on but very slowly.

WHEN the cough is greatly abated, the habit must be strengthened by the following prescriptions :

No. VII. Take of decoction of Bark, six drachms; syrup of Saffron, one drachm; spirits of Lavender, ten drops.—Mix, and make the draughts, to be taken three times a-day for a month.—Or,

No. VIII. Take of Milk-water, five drachms; extract of Bark, five grains; syrup of red Poppies, one drachm.—Mix, and make the draughts, to be taken as above directed.

If there should be danger of suffocation, or a rupture of a blood vessel, or even a tendency to inflammation of the lungs, &c. a small quantity of blood must be taken away two or three times during the disease.

As soon as this troublesome disorder begins, the child must be immediately removed into the country, as nothing assists the above remedies so much as a free pure air; and even if they live in the country, it will be very necessary to remove them to another part, as a change of air is found very beneficial.

THE food should be of the lightest kind, most easy of digestion, and to be used in very small quantities at a time, as the stomach, if too much loaded, will bring on a fit of coughing, which is always as much as possible to be avoided.

LASTLY, if any hectic symptoms should arise, the Author, from a very long experience, has found Asses Milk very advantageous, which must be persisted in for several weeks. It corrects the acrimony, amends the juices, strengthens the constitution; and, by advising its use, he has saved many children in this troublesome disease, who were going very fast into a consumption. — Indeed, if the parents can afford it, he would advise this salutary pleasant remedy to be used very early in the disorder, as it will counteract the mischiefs in the system which this cough commonly occasions.

BAD nursing is the grand cause of this disease; as when the mother or nurse is any-how diseased, or has not milk enough to nourish the child, it cannot thrive or become strong. But children suffer much more frequently

CHAPTER. XV.

Of the RICKETS.

THE Rickets is also a disorder peculiar to young children. It has been said by Authors, that it was a disease unknown to the Ancients, uncommon in hot countries, and more common in England than any other northern country.

This disease generally attacks children betwixt the age of eight months and two years, and generally owes its origin to diseased parents; for mothers of a relaxed and weak constitution, who use little or no exercise, and live upon weak watery diet, as tea, &c. can neither be expected to bring forth strong and healthy children, or, indeed, be able to nurse them, after they are brought forth: accordingly we find that the children of such women are subject to the rickets, and other diseases of weakness. Children begotten by men in the decline of life, who are subject to the gout or other chronic disorders, are also very liable to be affected with the rickets, &c.

BAD nursing is the grand cause of this disease; as, when the mother or nurse is any-how diseased, or has not milk enough to nourish the child, it cannot thrive or become strong. But children suffer much more frequently

quently by the indolence and laziness of nurses than by want of food; as by allowing an infant to lie or sit too much, or when a nurse is too indolent to exercise her child properly, or carry it abroad into the open air, it will hardly ever escape this disease.

THE SYMPTOMS.

At the beginning of this complaint, the child's flesh grows soft and flabby; it becomes weak, looks dull, and loses its wonted cheerfulness. The head becomes larger, the belly swells, and the face appears full. As the disease advances, the bones begin to be affected, particularly the wrists and ancles become thicker than usual; the breast likewise is often deformed, and the bones of the arms and legs grow crooked. The pulse is generally very quick, the appetite and digestion much impaired, and the teeth come slowly forward.

The cure is to be begun by exhibiting three or four gentle purgatives, to clear the bowels of any offending matter that may be contained; and they should be intervened occasionally, as viscid and indigestible matters are very apt to be generated during the continuance of this disease.

No. I. Take of Lemnated infusion of Sena, six drachms; solutive syrup of Roses, two drachms.—Mix, and make the purge, to be taken every other day.—Or,

No. II.

No. II. Take of compound powder of Senna, six grains; Rhubarb, two grains.—Make the powder, to be taken in any liquor every other, or every third day,

No. III. Take of Loaf-sugar, six grains; Martial Flowers and Cochineal, of each one grain.—Mix, and make the powders, to be taken twice a-day in any vehicle for two or three months.

No. IV. Take of decoction of Bark, half an ounce; Chalybeate Wine, thirty drops; spirits of Lavender, five drops.—Mix, and make the draughts, to be taken three times a-day for several weeks.

The child must use a wholesome and nourishing diet suited to its age and strength; he should live in the country in an open dry air, and have all the exercise that his weak state of body can bear; the limbs and back-bone should be rubbed frequently in a day with a warm hand, and he should be kept as cheerful as possible.

THE diet should be of a dry and nourishing kind, as good bread, roasted flesh, &c. particularly meats, such as chicken, veal, &c. roasted or minced, are the most proper. If the child be too young for flesh-meats, a Panada made of Ruffs will be preferable to bread, as being less flatulent, Rice, Millet, or Pearl-barley boiled with

with Raisins. To these may be added a little generous Wine, which will best agree, as well as tend to form wholesome chyle and good blood, will mend the habit of body, and assist very much in carrying off this troublesome disease.

CONCLUSION.

I SHALL close this Work by giving some general directions and advice with respect to young children, which I hope will be duly attended to, as they will tend to give the Infant-race more vigorous constitutions, and thus preserve them from many maladies.

FIRST, then, I earnestly advise mothers or nurses *never to cram them too much*, and to regulate the *quantity and time* of feeding their infants, which is easily done in this early time of life.—Indeed, it is the very age when such a regulation may be attempted and effected; whereas a child who has attained to a few years, and is surrendered up more to his own exercise and vivacity, feels other calls. As his mind is more engaged, his way of life becomes more various and irregular, whence his appetite must prove so too; consequently the dissipation, or passing off of his nutrition being unequal and irregular, it would be inconvenient to subject him to one certain rule in the quantity of his nourishment, or the distance of his meals.

I HAVE observed, that the times of feeding young children should be stated; and secondly, is perhaps the only case that will allow us any deviation from this rule: and then the change should consist more in a diminution of the usual quantity, notwithstanding a general and fatal conduct seems to establish the very opposite method, and that tyrant custom authorises those who have the care of infants to cram them for ever, and at times when less feeding is absolutely necessary. They absurdly imagine, that all the cries of the little creatures are the effects of hunger; for on the moment a child begins to cry, they stop his mouth with the pap-spoon or the breast; not once reflecting that such failings may be occasioned by an over-loaded stomach, or by pains whose cause can neither be carried off nor abated by stuffing them with food.

I SHALL now mention another very pernicious and unhappy custom which prevails with regard to the diet of children, when they begin to use other food besides the breast; and that is, an almost general practice to give them such as their tender stomachs cannot digest; and to indulge them with various kinds of food, which are injurious in themselves, as well as weaken and relax their digestive organs. As a justification of their absurd conduct, they say children should be accustomed to all kinds of food: but they should reflect that their stomachs should first be rendered sufficiently strong to make them capable of digesting every food that their false notions may induce them to give; as the crowd-

ing of substances that are indigestible, or at least very difficult of digestion, is not the way to strengthen it, and bring the child up strong and healthy.

SECONDLY, *Cleanliness* is of the utmost importance to young children; and whenever this salutary step is neglected, they constantly become subject to a great variety of complaints, which carry off thousands (especially among the poor) every year. For this reason I could wish that mothers, &c. would wash the child every day all over with cold water, well rubbing it at the same time, and taking great care to wipe it dry; but it would be much better to dip the child, as then no unwholesome matters could possibly lodge for any time in their tender skins, consequently no galling or excoriations would ensue; so that sores behind the ears, &c. would be very soon unknown.

THIRDLY, Young children should be exercised as much as they can bear, as the more they are danced, &c. their strength and health of body will be increased; and indeed the exercise they receive in go-carts, &c. contrived for this purpose, is much more beneficial to the child, than what they get in the arms of a nurse or a lazy maid, who for hours will often keep a child on the same arm as well as in the same position; and which is one of the chief causes of the rickets, and other diseases peculiar to young children who are badly nursed.

FOURTHLY,

FOURTHLY, Children in the earliest state should be exposed to the open air, and be accustomed to breathe a free and pure air as much as possible; as nothing so certainly invigorates their tender constitutions as constantly living in the country; and on the contrary, it is a melancholy truth to declare, that thousands of infants are destroyed every year by the impure and noxious air they breathe in large towns, &c.

THE AUTHOR could have wrote many sheets on the absolute necessity of these four heads being scrupulously attended to, as they are the only possible means of rearing the human race, and his own experience has thoroughly convinced him that very few infants die naturally; but at the same time his blood is chilled with horror, when he declares that thousands of children are annually murdered, for want of a proper attention in those who are entrusted with so weighty a charge.—

If the Writer of these pages should be so happy as to cause mothers to do their duty to their tender offspring, he shall esteem himself amply rewarded for his labour in the execution of this Work.

F I N I S H E D

FOURTHLY, Children in the earliest state should be exposed to the open air, and be accustomed to breathe a free and pure air as much as possible; as nothing is certainly invigorates their tender constitutions as constantly living in the country; and on the contrary, it is a melancholy truth to declare, that thousands of infants are destroyed every year by the impure and noxious air they breathe in large towns, &c.

The Author could have wrote many sheets on the absolute necessity of these four heads being thoroughly attended to, as they are the only possible means of retaining the human race, and his own experience has thoroughly convinced him that very few infants die naturally; but at the same time his blood is chilled with horror, when he declares that thousands of children are annually murdered, for want of a proper attention in those who are entrusted with so weighty a charge.— If the Writer of these pages should be so happy as to create mothers to do their duty to their tender offspring, he shall esteem himself amply rewarded for his labour in the execution of this Work.